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mood foods

ultimate layer cake

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all-new 30-minute meals

mmm...steak

dream vacations

weddings that wow

dinners for $10 or less

free supermarket sprees!

cash back

33 ways to win big

469 recipes & tips

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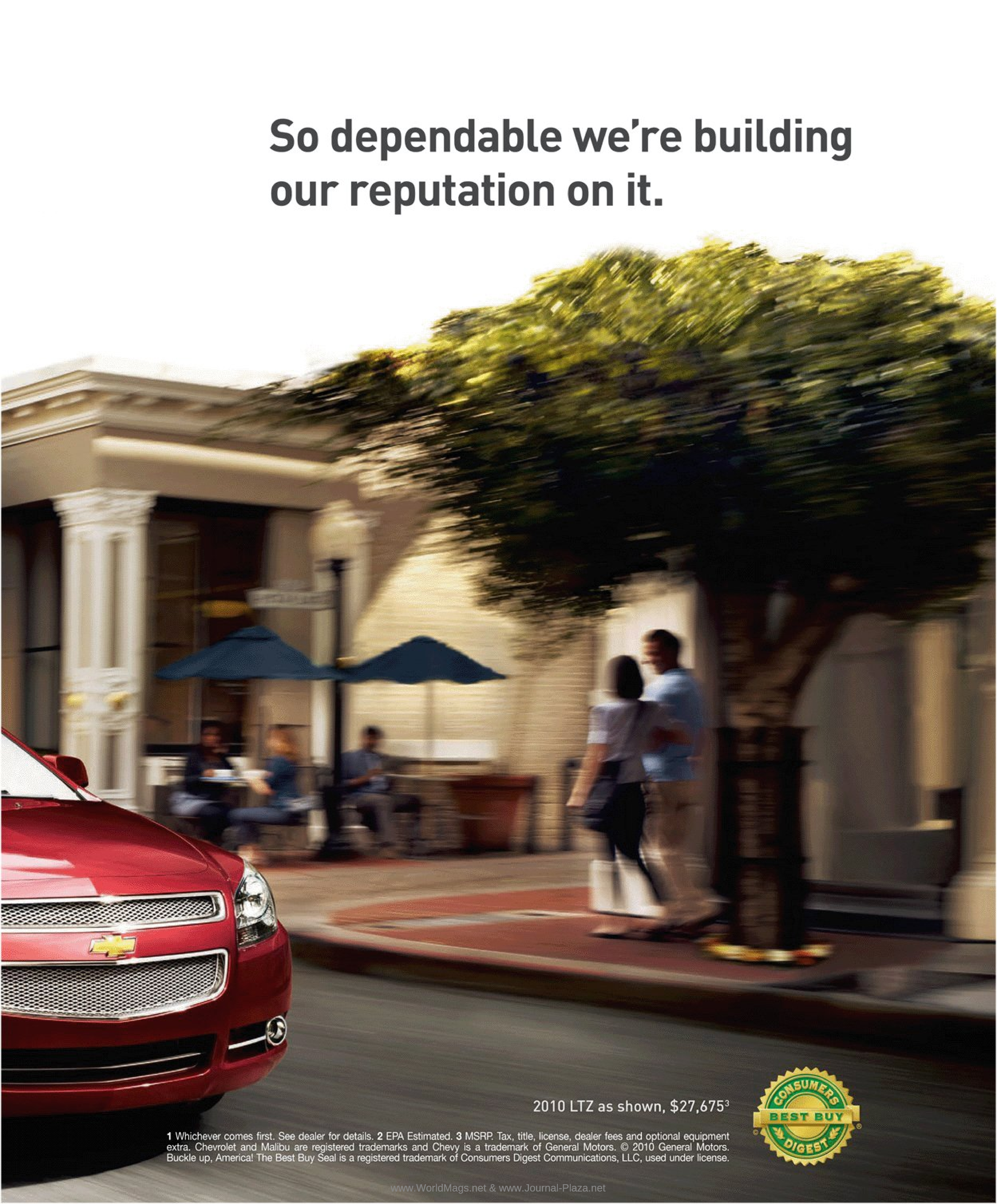

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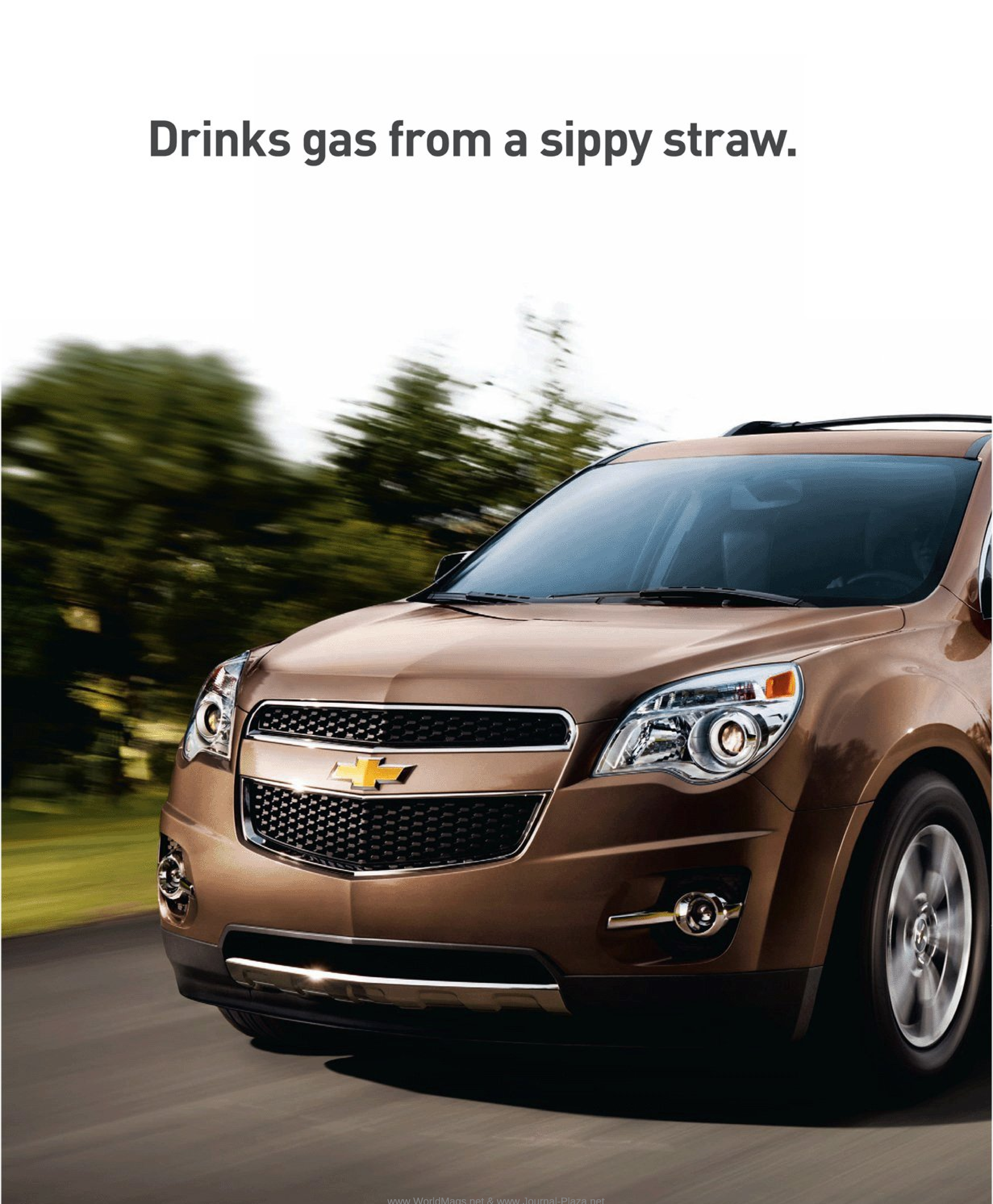

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Introducing the all new Chevy Equinox. The crossover that offers an amazing 32 mpg highway and up to 600 highway miles on a single tank of gas.[1] That's better than the Honda CR-V, Toyota RAV4 and even Ford Escape Hybrid,[2] so it's little wonder Equinox has been named A Consumers Digest Best Buy. Everyone deserves a crossover that saves money at the pump. **Starting at $23,360.[3] Find out more at Chevy.com.**

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Presenting the Chevy Traverse. The 8-passenger crossover designed for families and made for you. The interior amenities lavish the driver in comfort, yet it has 30% more cargo space than a Honda Pilot. The Traverse also offers a remarkable 24 mpg highway.[1] So it's no wonder why Traverse was recently named A Consumers Digest Best Buy two years in a row. Everyone deserves a family car that isn't a minivan. **Starting at $29,999.[2] Find out more at Chevy.com.**

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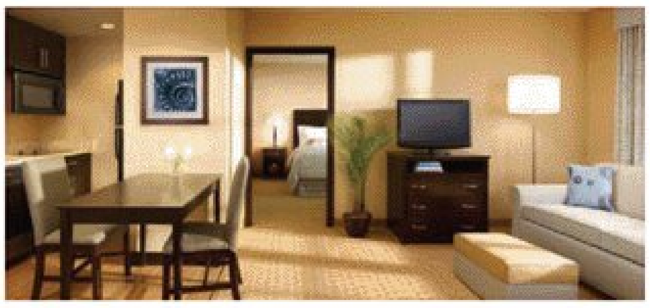
YUMMY

POOL



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EVERYDAY with RACHAEL RAY

may 10

p103

ON THE COVER

p23

p79
p106
p158
p92
p98
p129

COVER PHOTOGRAPH BY JIM WRIGHT; set design by Philippa Brathwaite; hair by Carrie Fernow; makeup by Kim White at kimwhitemakeup.com; manicure by Patricia Yankee for Red Stylists; wardrobe styling by Jane Harrison-Fox and Cara Apotheker; T-shirt by Aude, available at UNA-LA; jeans by Joe's Jeans; belt by Brunello Cucinelli; earrings by Lena Bernard; shoes by Converse.

big deals! It's back—to the tune of $35,620—and this time, we're giving away tons of supermarket goodies, from produce to laundry detergent. Or you can dash for our $1,000 supermarket spree (enter to win on page 158). We love deals almost as much as, well, love. Check out our guide to nuptials ("All About Weddings," page 129) and honeymoons ("Honeymoons: They're Not Just for Newlyweds Anymore," page 147). You'll be smitten even if it's not your Big Day.

30-MINUTE MEALS PHOTOGRAPH BY MARCUS NILSSON; FOOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY ROBYN GLASER.

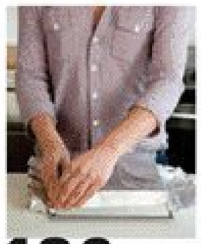
FIND IT *FAST*!

if you want...

...cooking tricks

114

125


126

...to save $$$

66

83

45

...personal time

112

134

153

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bookmark it!

Every Day with Rachael Ray May 2010

in every issue

21 **RACH'S NOTEBOOK**

23 **TALK**

31 **IN SEASON** Get your green thumb ready.

37 **YUM**

45 ***EVERY DAY* FAVES**

154 **PET FRIENDLY** It's Spring...Roll Time

156 **RECIPE INDEX**

158 **CROSSWORD**

164 **CELEB FRIDGE** Chandra Wilson

ready, set

57 ***EVERY DAY* KITCHEN** Update your kitchen's look on any budget.

61 **SUPERMARKET 101** Lighten up—your grocery bill, that is.

- GET FRESH Rhubarb
- TASTE TEST Tomato Sauce

71 **WELL EQUIPPED** Nonstick Skillets

74 **GOOD FOR YOU** Potato-Leek Soup

77 **OLD SCHOOL...NEW SCHOOL** Fried Chicken

79 **$10 SPOT** Dinners for 10 Bucks (or Less)

84 **MUCHO GUSTO** Argentine Rice-Veggie Salad

87 **SECRETS OF COMPETITIVE COOKS** With these tried-and-true tricks, your next meal will win by a landslide.

cook

98 **30-MINUTE MEALS**

106 **THIS MAGIC MOMENT** Celebrate life's milestones with meals to remember.

114 **NO-RECIPE ZONE** Spaghetti with Creamy Ricotta Pesto

116 **BURGER OF THE MONTH** Spicy Lamb Sliders with Harissa

125 **FAMILY MATTERS** Teriyaki Sloppy Joes

126 **SWEET SPOT** Blueberry Cookie Bars

get together

129 **ALL ABOUT WEDDINGS** We're hopelessly devoted to awesome parties, and weddings are the biggest of them all! Eight creative couples share their favorite foods, tricks and tips for the perfect day.

go away

144 ***EVERY DAY* TRAVEL** Look your best, wherever you go.

147 **HONEYMOONS: THEY'RE NOT JUST FOR NEWLYWEDS ANYMORE** You'll fall in love with these vacations.

152 **EAT & RUN** Wedding Cakes

153 **WHAT A TRIP** Even honeymoons have room for solo time.

take a bite outta life!

p32

Add marigolds to your garden now, and attract beneficial insects—ones that eat veggie-loving bugs—later.

Put Your Grocery Bill on a Diet

p144

Travel lighter: Pack **Smith's Rosebud Salve** to keep lips, cheeks and eyelids soft and glowing.

4 shortcuts

p117

THE *EVERY DAY* MENU PLANNER

1 SHOPPING TRIP = 7 DINNERS

p66

Get dinner on the table in no time by planning the week's meals! Start with three star recipes, then **use leftover ingredients in salads and pastas** to concoct four more suppers.

p74

Thicken soup, like our lower-cal Potato-Leek Soup, with pureed zucchini, which adds body but few calories.

coming up

Want a glimpse into the future? **Here are some things you'll learn this time next month—in our all-grilling issue:**

Meat Your Match
Tips for demystifying the meat counter

BBQ, USA
Where to find the best grilled eats, anywhere and everywhere

hot stuff
What Guy Fieri's got under his (grill) hood

Fire Starter
How to choose between gas and charcoal

MARIGOLD, GETTY IMAGES.

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Our Site, Your Way

Get more at rachaelraymag.com/may.

what we're psyched about this month

1

Sneaking in a Romantic Weekend

Thinking of skipping town in the name of love? You'll want to keep up with our senior editor **every day gina**'s blog throughout May as she shares insider tips on her fave wedding, honeymoon and romantic destinations.

2

Celebrating Our Moms

For all the laundry, home-cooked dinners and much-needed advice, we say: Thanks, Mom! Show your appreciation by throwing her a spectacular Sunday brunch or picking up a little something from our online-only gift guide, like these Batter Bowls from JCPenney.

Lightening Up

Every day cameron read through our April issue and decided it was time to cut the fat and calories. Follow her blog posts as she goes through a week of recipe makeovers.

3

YOUR FAVORITE THING PHOTO CONTEST WINNER!

You guys got creative with this contest, and we especially loved the way Carolina Lafuente, from Miami, showed her love of music with a shot of her Yamaha acoustic guitar. "My guitar is my life," Carolina says. "Music is one of the best ways I express myself; without it I think the world would be in chaos."

NEXT UP, Your Best Candid Wedding Photo. Post your pics for a chance to win a $600 gift card from Ikea. No professional pics allowed! (But that one with Uncle Bill boot-scootin' on the dance floor is.)

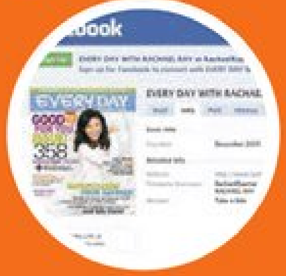
ate it? rate it!

"I sautéed Grilled Five-Spice Shrimp instead of grilling, and it turned out great! The scallion and sesame seeds added the perfect complement to the seasonings. Very easy!" —STEPHEB

Post your own pic in our photo gallery and tell us why the dish was a hit, and we might run your picture and quote in an upcoming issue!

be our friend

Hey you! Join the conversation. Friend us on **FACEBOOK.COM /RACHAELRAYMAG** and follow us on **TWITTER.COM /RACHAELRAYMAG** to get the inside scoop on new recipes, featured bloggers, sweepstakes, contests and so much more. See you there!



LIGHTEN UP, CON POULOS.

No purchase necessary to enter or win the Your Best Candid Wedding Photo Contest. Purchase will not improve your chances of winning. Contest is open to legal residents age 18 or older of the U.S., its territories and possessions. Contest begins at 12:00 p.m. (EDT) on April 13, 2010, and ends at 12:00 p.m. (EDT) on May 25, 2010. To enter and for official rules for this contest, visit rachaelraymag.com/may. VOID WHERE PROHIBITED. Contest sponsored by The Reader's Digest Association, Inc., the publisher of *Every Day with Rachael Ray*.

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8 slices Nature's Pride® OvenClassics™ Honey Wheat bread, toasted

2 cooked boneless, skinless chicken breast halves

8 slices turkey bacon, cooked until crisp

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8 thin slices tomato

8 lettuce leaves

Note: makes 4 sandwiches

BALANCING ACT: Get the perfect combo of the wholesome nutrition your family needs and the great taste and texture you know they'll love with new **Nature's Pride OvenClassics**.

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Cut each chicken breast into four thin crosswise slices. Spread one side of each piece of toast with 1/2 tablespoon mayo. Top half of the bread with sliced chicken, two slices of bacon, two slices of tomato and two lettuce leaves. Place remaining toast, with mayo-side down, on top of lettuce. Cut sandwich in half.

Makes four servings.

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OLAY®
PROFESSIONAL

The Olay Professional Alliance for Skin Care Innovation Consensus Statement on Olay Professional Pro-X

Introduction:

Olay Professional Pro-X is a skin care line launched by Procter & Gamble in January of 2009. A panel of distinguished dermatologists joined by senior P&G scientists formed an alliance to bring a high level of product performance to women via the Olay Professional Pro-X proposition.

Consensus Statements:

1. Olay Professional Pro-X is a true professional skin care line that meets the following criteria:

Advanced Science-Driven Innovation: A professional skin care line should start with an advanced scientific understanding of skin. For example, a new gene expression profiling method helped increase understanding of the importance of a healthy stratum corneum to the well-being of the inner skin.

Professionally Designed: A professional skin care line should be designed by a scientific team with a broad expertise across clinical dermatology, skin science, treatment intervention, formulation, and importantly, a comprehensive understanding of the target consumer. Equally important, marketed-product characteristics must be carefully designed to ensure consumers like the product every time they use it in order to achieve compliance.

Professional Regimens and Protocols: The design team should consider the fact that no single product, nor ingredient, can provide the multiple efficacy benefits needed by most individuals. As such, a professional skin care product line is a carefully designed regimen of products containing effective ingredients aimed at appropriate targets identified through sound scientific research.

Professionally Tested: A professional skin care product line must be clinically proven to produce the intended skin benefits. Clinical trial design and execution must be conducted with the highest scientific rigor to meet the study objectives. These trials must be conducted by specialists highly trained in the methods used and ideally by independent research organizations with no vested interest in the study results.

Proven Results: Results from both in vitro studies and controlled clinical trials must substantiate the conclusion that a professional skin care line delivers consumer-noticeable skin benefits as claimed.

Peer-Reviewed Communications: The results from both in vitro studies and controlled clinical trials should be published in peer-reviewed and searchable scientific journals.

2. Olay Professional Pro-X was designed by a team of dermatologists and Olay scientists, the Olay Professional Alliance for Skin Care Innovation. The product line is based on advanced science-driven innovation and has been professionally tested and clinically proven to improve the appearance of aged skin.

3. Daily use of the Olay Professional Pro-X Wrinkle Reduction Regimen significantly improves the appearance of fine lines and wrinkles after 8 weeks of use.

Based on results from the facial appearance benefits study, use of the Olay Professional Pro-X Wrinkle Reduction Regimen significantly reduces the appearance of facial fine lines and wrinkles around the eyes relative to the baseline. Both expert visual grading analysis and objective computer image analysis of high-resolution digital images of the subjects before and after treatment support this conclusion. Subjects' self assessments via questionnaire before and after treatment confirm the effects are consumer noticeable.

4. Daily use of the Olay Professional Pro-X Wrinkle Reduction Regimen significantly improved skin barrier health after 24 weeks of use as measured by the change in transepidermal water loss.

For the full clinical results, visit OlayProfessional.com

We, the Olay Professional Alliance, agree with the above consensus statement:

Name	Signature
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Dr. Pearl E. Grimes	
Dr. Greg Hillebrand	
Dr. Joe Kaczvinsky	
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You're Worth It!

One of the cornerstones of this magazine, and of all the work I'm involved in producing on television, is the concept of value—valuing your time *and* getting the value out of every dollar you spend. This month we celebrate both with our special Big Deals Issue, where we're giving away more than $35,000 worth of goodies. Even better, you told us that you spend most of your cash in the supermarket, so this year we're spreading the deals across three aisles and throwing in a few surprises along the way. **Turn to our Talk section (page 23) to start grocery shopping!** And keep sending us the many clever ways you've learned to take a bigger bite outta life, at rachaelraymag.com.

Talk
23

All About Weddings
129

I'm a big believer in destination weddings—near or far from home. If you have upcoming nuptials, check out **"All About Weddings" (page 129) for tips on planning your own destination celebration, plus three other types of weddings**. Traveling brings adventure to any wedding. For ours, John and I brought our families and dozens of friends on part of the honeymoon. Just some food for thought, but you might want to have family and friends around beyond the ceremony. It's more fun than you think to share the first day or two as man and wife with more than just your mate.

One human whom I value above all others is my mother. There's nothing more valuable to our moms than our time, so whether you're making her my **Asparagus, Ham and Egg Pasta (page 98)**, taking her for a walk or having a one-on-one talk, don't skimp on Mom this month!

30-Minute Meals
98

Happy Mother's Day,

PORTRAIT BY JIM WRIGHT; PROP STYLING BY PHILIPPA BRATHWAITE; FASHION STYLING BY JANE HARRISON-FOX; HAIR BY CARRIE FERNOW; MAKEUP BY KIM WHITE AT KIMWHITEMAKEUP.COM. ALL ABOUT WEDDINGS, MORGAN LYNN PHOTOGRAPHY; TALK, LUCAS ZAREBINSKI; 30-MINUTE MEALS, MARCUS NILSSON.

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ATTENTION, SHOPPERS!

Welcome to Big Deals, version 2.0. This year, we've got a one-of-a-kind supermarket blowout. We're giving away meats and produce. Snacks and cereals. Detergent and diapers. And so much more. Plus, we're even offering straight-up cash to spend on your own supermarket spree (see page 158). So get shopping—last one to enter gets the cart with the wobbly wheel!

PHOTOGRAPH BY LUCAS ZAREBINSKI; PROP STYLING BY VICTORIA ESCALLE FOR HALLEY RESOURCES

No purchase necessary to enter or win Big Deals Sweepstakes. Purchase will not improve your chances of winning. Sweepstakes is open to legal residents age 21 or older of the U.S., its territories and possessions. Sweepstakes begins at 12:01 a.m. (CDT) on April 12, 2010, and closes at 11:59 p.m. (CDT) on May 23, 2010. To enter and for official rules, including entry deadlines for specific prizes, visit rachaelraymag.com/bigdeals. VOID WHERE PROHIBITED. Sweepstakes sponsored by The Reader's Digest Association, Inc., the publisher of *Every Day with Rachael Ray*.

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talk

- Meat/Fish
- Sauce
- Frozen
- Cereal/Breakfast
- Dairy
- Snacks

AISLE 1

Say cheese. One reader will win 75 coupons for a year's worth of Sargento Reduced Sodium Cheese, for a total value of $300.

Brown-bag it and save big. One reader will win three packages of Hormel Natural Choice lunch meat per week for a year, for a total value of $624.

This should curb the munchies: One reader will win a year's worth of Snyder's of Hanover Honey Mustard & Onion Pretzel Pieces, for a total value of $95.

So cultured! One reader will win coupons for a year's worth of Stonyfield Organic Yogurt and Stonyfield Oikos Organic Greek Yogurt, for a total value of $600.

Steaks and broils and burgers, oh my! Five readers will each win a Laura's Lean Beef gift package, for a total value of $1,000.

Talk about a good egg. One reader will win a year's supply of Eggland's Best Large White Eggs, for a total value of $75.

Brrr!

41%

of you complain your supermarket **IS ALWAYS TOO COLD.**

Carb-o-licious. Three readers will each win fifty-two $5 coupons for Nature's Path products (either Chococonut Granola Bars, Pumpkin Flax Plus Granola or Crunchy Maple Sunrise Flakes), for a total value of $780.

*not found in stores

Just beachy! One reader will win a three-night stay at the One&Only Palmilla Resort in Los Cabos, Mexico, valued at $4,500.

MILK, LUCAS ZAREBINSKI; PROP STYLING BY VICTORIA ESCALLE FOR HALLEY RESOURCES.

www.WorldMags.net & www.Journal-Plaza.net

Take back family dinnertime. One reader will win 56 coupons for Stouffer's Family Size Meals, for a total value of $503.

Top it all off. One reader will win a year's supply of Bertolli Pasta Sauce (12 jars), for a total value of $36.

*not found in stores

Is your market's fish cart a bit meh? Get the freshest catch: One reader will win a trip for two to The Veranda Resort in the Turks and Caicos, valued at $3,486.

Readers linger most in...

59% THE PRODUCE SECTION (HEALTHY!)

21% THE MEAT AISLE

14% THE BAKERY

6% THE DAIRY SECTION

Dessert is served. One reader will win 12 gift certificates for Nestlé Drumstick ice cream cones, for a total value of $77.

AL SAYS, "DROOL IS NATURE'S WAY OF SAYING HELLO, ALPO CAN."

AL'S THE VOICE OF REAL DOGS.

When it comes to mealtime, he figures drool is the sincerest form of flattery. It means good things to come—as in the meaty goodness of ALPO With Beef, Chicken or Lamb. Mmmm, 100% complete and balanced ALPO.

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TRATTORIA

This James Beard Award-nominated trattoria features signature dishes and fresh, handmade pastas that reflect the simple seasonings and flavors of Italy. FiAMMA's sleek lounge features a full bar, intimate fireplace, and award-winning wine list.

maximum Vegas. MGM GRAND.

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THE GRAND SPA
WOLFGANG PUCK

talk

AISLE 2

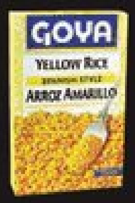
- Produce
- International
- Rice
- Housewares
- Bakery
- Flowers

33%

OF READERS MAKE THEIR **MOST ADVENTUROUS CHOICES** IN THE INTERNATIONAL AISLE.

Special delivery! One reader will win a year of roses (one bouquet a month) from Passion Growers, for a total value of $1,700.

This should get a rise out of you: Five readers will each win a Panasonic Bread Maker, for a total value of $875.



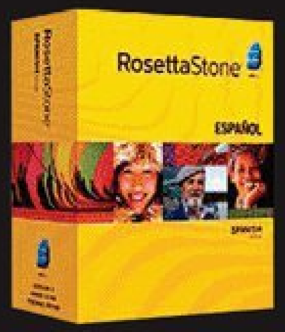
By your side. One reader will win a year's supply of Goya Rice Mixes (48 boxes), for a total value of $96.

Here's a way to get more greens: One reader will win 12 bottles of Hidden Valley Farmhouse Originals dressing and a 12-month membership for fresh local vegetable delivery, for a total value of $1,100.

Great taste. Five readers will each win $50 gift certificates from Edible Arrangements, for a total value of $250.

Cook the perfect pilaf every time. Two readers will each win a Zojirushi Rice Cooker, for a total value of $1,030.

*not found in stores



This translates to "deal" in all tongues: One reader will win a year's subscription to Rosetta Stone Totale software, valued at $999.

Contain yourself for this deal: Ten readers will each win a set of Tupperware, for a total value of $1,580.

JCPenney **Shop without dropping any cash.** Twenty readers will each win a $50 JCPenney gift card, for a total value of $1,000.

PEPPER, LUCAS ZAREBINSKI. PROP STYLING BY VICTORIA ESCALLE FOR HALLEY RESOURCES.

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Secret #14:
how to get sparkling,
scratch-free
pots and pans.

Soak stainless, non-stick and other cookware in water and ARM & HAMMER® Baking Soda. For pennies a wash, you'll remove caked-on messes without scratching.

Countless uses for under $1
More info and tips at **armandhammer.com**

talk

AISLE 3

- Beauty
- Laundry/Household
- Baby
- Pet
- Seasonal
- Gifts

Change is good. Ten readers will each win a $100 gift certificate for diapers.com, for a total value of $1,000.

Why drop a load on detergent? One reader will win a year's supply of Method Laundry Detergent (12 bottles), for a total value of $180.

Cheers! Twenty-five readers will each win a two-pack of Riedel Vinum glasses, for a total value of $1,475.

SLOWPOKES!

52%

OF YOU SPEND **AN HOUR OR MORE** AT THE GROCERY STORE.

Pretty sweet! One reader will win a $500 Bliss gift certificate and $500 worth of Bliss products, for a total value of $1,000.

PAN, LUCAS ZAREBINSKI; PROP STYLING BY VICTORIA ESCALLE FOR HALLEY RESOURCES.

www.WorldMags.net & www.Journal-Plaza.net

Talk readers deserve to chat in style. Three readers will each win a Pantech Impact smartphone, for a total value of $749.

Clean break: One reader will win a year's supply of Method cleaning products for the home, for a total value of $215.

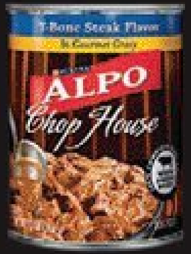
This should make any cat owner purr. One reader will win coupons for a year's supply of Friskies cat food and treats, for a total value of $247.

YOU GUYS PLAY THE FIELD

56%

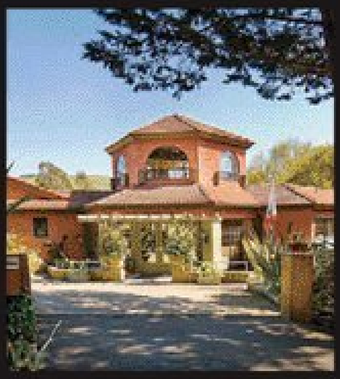
frequent three or four different markets. **Only 10% of you are loyal** to one grocery store.

Doggone deal! One reader will win coupons for a year's supply of Purina Alpo wet dog food (51 coupons in all), for a total value of $605.



Give or receive? One reader will win one $500 gift certificate each from T.J. Maxx and Marshalls, for a total value of $1,000.

*not found in stores



Bon voyage! One reader will win a four-night stay at California's Sonoma Coast Villa & Spa, valued at $2,019.

Putting pen to paper just got easier. Three readers will each win a personalized stationery set from Crane's & Co., for a total value of $1,100.

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Secret #81: how to keep a

lid on garbage odors.

Generously sprinkle ARM & HAMMER® Baking Soda in your garbage can. For mere pennies, you'll eliminate foul odors faster than you can take out the trash.

Countless uses for under $1
More info and tips at **armandhammer.com**

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seeds of love

Growing your own food isn't just for green-thumbers or eco-fanatics with too much time on their hands. With a little seed money and the help of friends and family, you can turn any patch of dirt into a magic garden.

BY BESHA RODELL

PHOTO, GETTY IMAGES; OPPOSITE PAGE: SEEDLING, GLASSHOUSE IMAGES; ALL OTHERS, GETTY IMAGES.

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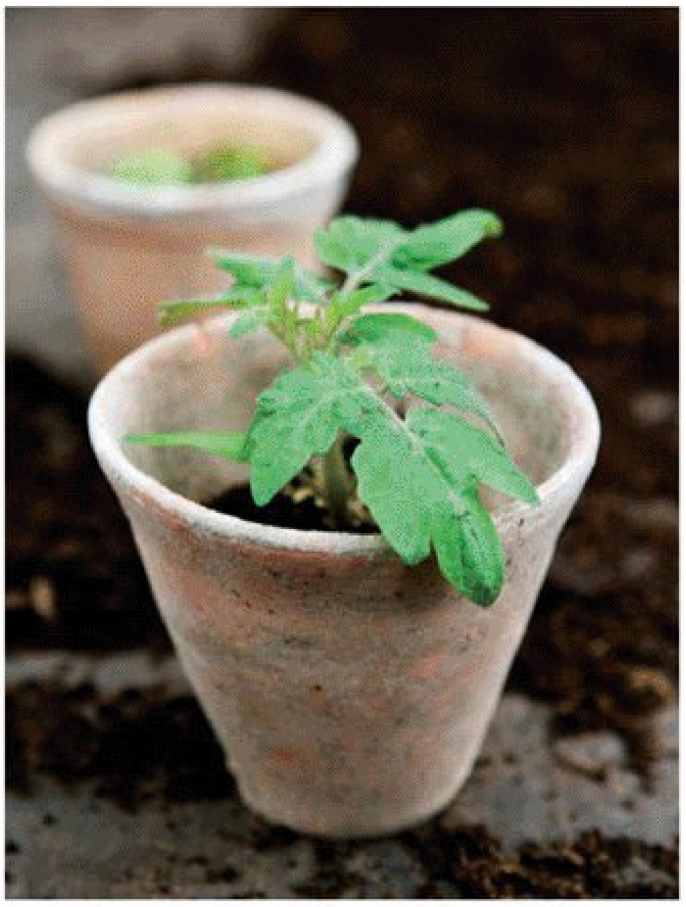
how does your garden grow?

Well, not overnight. Just follow our three-week plan.



THREE WEEKS BEFORE
Send e-mail invites to family members and close friends. Bribe them with promises of delicious food the whole summer long.

TWO WEEKS BEFORE
Decide where to plant your garden. Start small—for a first-time gardener, a plot of 100 square feet is about right. You don't want to bite off more than you can hoe! Pick a spot that gets a ton of sun, and mark off the edges of your garden plot.

ONE DAY BEFORE
Go to your local garden center and buy your seeds and tools: large and small shovels, a hose, gardening gloves, fertilizer and topsoil (to supplement the dirt and add nutrients your new plants will need).

THAT MORNING
Make and refrigerate dessert (see below), and stir up a giant pitcher of lemonade to keep everyone quenched throughout the day—digging a garden is thirsty work! Once everyone arrives (and has a cup of said beverage), pass out shovels and take a "before" picture next to the garden site with the whole crew.

Together, dig out your garden bed, removing any rocks, weeds, grass and flotsam. Don't remove the dirt! Just rid it of debris. This is the hardest part, but it's crucial to a healthy garden. Make a game of it: Award a small prize to the person with the biggest pile of flotsam and jetsam. Almost done—just spread out your topsoil and mix in fertilizer. Reward your sweaty workers with an easy picnic lunch of spring strawberries and chicken salad sandwiches (find recipes at rachaelraymag.com/may).

BY THE AFTERNOON...
Assign each person his or her seed packets. Read directions together and make sure everyone understands their tasks. Have little ones dig holes and drop the seeds. Once everything is in the ground, give your garden a light watering. Then step back and admire your handiwork. While everyone is together, set a tentative harvest date in August or September. On that day, remember to take an "after" picture to show off the results of today's hard work!

AT DAY'S END
As thanks, invite everyone inside for bowls of refreshing, tart **Sour Cream Strawberry Custard** (page 34). And treat yourself to seconds. After all, you just gave back to the earth.

FLOWER POWER
Planting marigolds throughout your garden may help attract beneficial insects, ones that eat the buggers that harm your veggies!

KNOW YOUR LAND
Check out your local university's agricultural Web site for useful info on when and what to plant in your neck of the woods.

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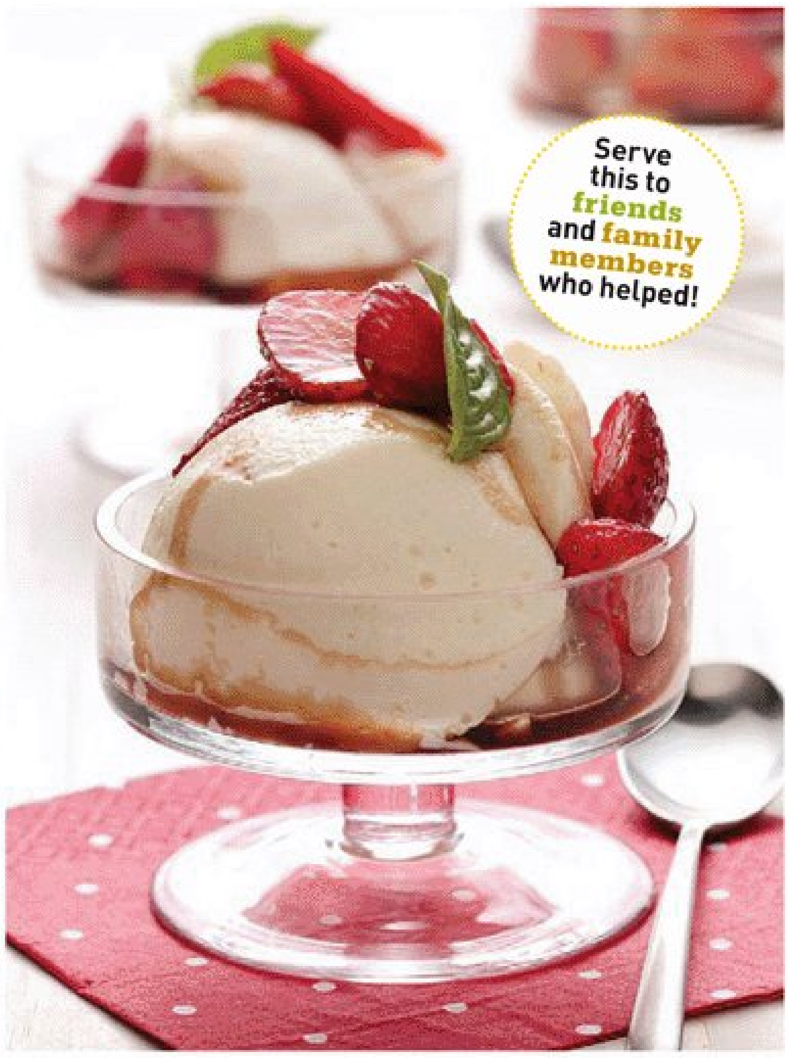
GO ORGANIC
Many pesticides contain harmful chemicals; growing organically isn't too difficult and has only a slightly higher cost. Visit cleanairgardening.com to learn more.



Serve this to friends and family members who helped!

Sour Cream Strawberry Custard

SERVES 4

In a small bowl, sprinkle **1½ teaspoons gelatin** onto **2½ tablespoons cold water**. In another bowl, toss together **2 cups sliced strawberries**, **3 tablespoons sugar** and **2 teaspoons balsamic vinegar**; let sit. Meanwhile, in a small saucepan, heat **1 cup half-and-half** with **6 tablespoons sugar** over medium heat, stirring, until the sugar has melted. Whisk in **1½ teaspoons vanilla extract** and the softened gelatin, then whisk in **1 cup sour cream**. Transfer to a bowl and refrigerate until set, about 2 hours. Top with the strawberries in balsamic syrup and **a few fresh basil leaves**.

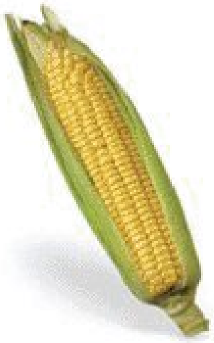
kid-friendly veggies

When picking out your seeds, make "fun to grow" as much a priority as "tasty to eat."

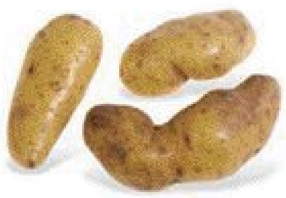
English peas
They offer (nearly) instant gratification, sprouting up before most other crops. Kids will like peeling away the shells to reveal crunchy peas, sweet enough to snack on.

Radishes
Plant a variety and they'll come in looking like Easter eggs, in shades of pink, red and purple.

Zucchini
They multiply like rabbits, so you can chop them into salads, bake them into breads, and still have plenty left over for the kids to repurpose as toy swords.



Corn
The stalks shoot up like magic. According to the old saying, they should be "knee-high by the Fourth of July." Mom-knee or toddler-knee, we're not sure.

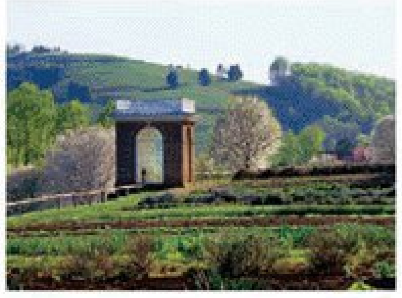


Fingerling potatoes
Digging them up feels like going on a treasure hunt. Assign one point for each potato retrieved, and let loose the troops!

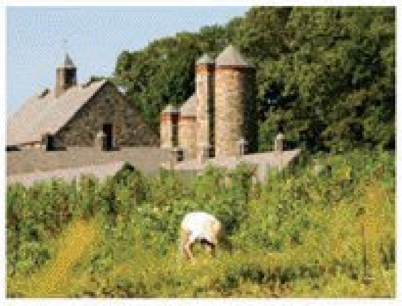
great gardens

Get inspired by the sweetest acres across the country.

CALIFORNIA
In Sonoma County, the **Kendall-Jackson Wine Center** is surrounded by acres of gardens that provide food for the tasty pairings. After indulging, tour the "wine sensory gardens," organized by chardonnay, merlot and other grape varietals. Does the patch of pinot noir smell like the stuff in your glass? You be the judge. *(5007 Fulton Road, Fulton, 866-287-9818)*



VIRGINIA
Thomas Jefferson's Charlottesville home, **Monticello**, is surrounded by legendary gardens restored to their original splendor. Jefferson was a passionate gardener, growing 330 types of vegetables, including 17 kinds of lettuce. In May, you can see cherries and strawberries in the garden, enjoy panoramic views from Monticello Mountain and take part in a 45-minute tour. *(931 Thomas Jefferson Parkway, Charlottesville, monticello.org, 434-984-9822)*



NEW YORK
Located on the Hudson River, not far from New York City, is the **Stone Barns Center for Food and Agriculture**. Gardening and cooking classes are available, or you can just walk around the grounds and eat a freshly picked vegetable salad at the café. *(630 Bedford Road, Pocantico Hills, stonebarnscenter.org, 914-366-6200)*

RECIPE BY LEAH HOLZEL. RECIPE PHOTO BY DAN ROBERTS; FOOD STYLING BY SARAH THOMPSON; SET STYLING BY MELISSA HABERMAN. SEEDS, GETTY IMAGES; PEAS, RADISHES, ZUCCHINI AND CORN, GETTY IMAGES; POTATOES, ISTOCKPHOTO.COM. MONTICELLO, THOMAS JEFFERSON FOUNDATION/MONTICELLO; STONE BARNS, ANNABEL BRAITHWAITE/BELATHE PHOTOGRAPHY.

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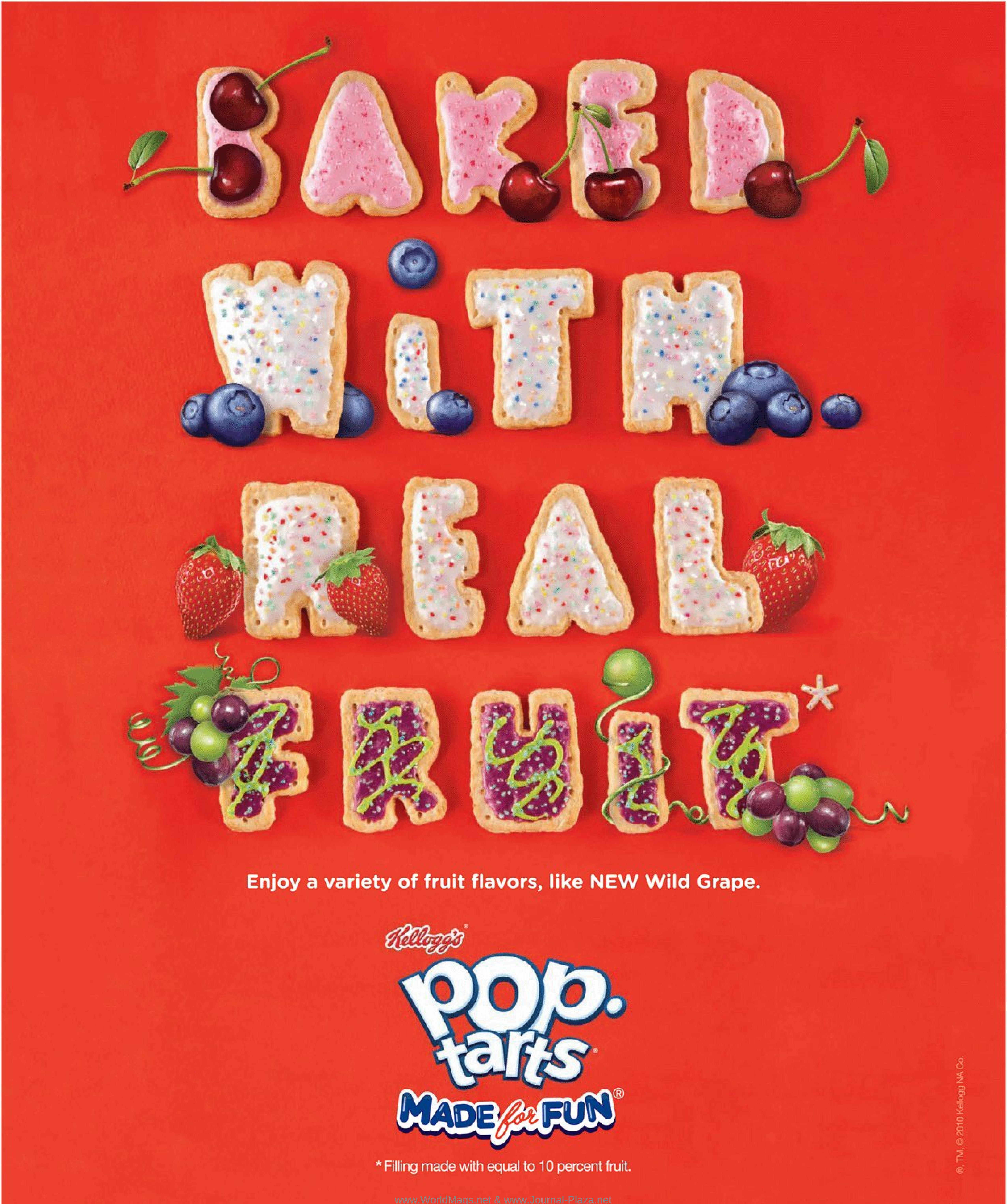

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all that jazz

If your breakfasts have become more pattern than pleasure, a warm batch of these sweet and doughy New Orleans-style beignets will have you singing a new tune. **We whipped up the classic recipe in honor of the Big Easy's annual Jazz & Heritage Festival** *(April 23–25 and April 29–May 2, nojazzfest.com)*, with a new twist: a light dusting of espresso powder mixed into the sugary topping. Eating one leaves fingers so delightfully sticky, your idea of "jazz hands" will never be the same.

RECIPE BY **LORI LONGBOTHAM** | PHOTOGRAPH BY **LUCAS ZAREBINSKI**

Espresso-Dusted Beignets

SERVES 4 **PREP** 30 MIN (PLUS RISING)
COOK 15 MIN

- 3½ cups flour
- ¼ cup granulated sugar
- One ¼-ounce package rapid-rise active dry yeast
- ½ teaspoon salt
- ⅔ cup evaporated milk
- 1 egg
- 2 tablespoons vegetable oil, plus more for frying
- 1 tablespoon instant coffee powder
- ¾ cup sifted confectioners' sugar

1. In a medium bowl, whisk together the flour, granulated sugar, yeast and salt.
2. In a large bowl, whisk together the evaporated milk, egg and 2 tablespoons oil until smooth. Stir in ½ cup warm water. Set aside ⅓ cup of the flour mixture and stir half of the remaining flour mixture into the milk mixture. Gradually stir in the remaining half of the flour mixture to form a stiff dough. With floured hands, knead the dough in the bowl until it's smooth but not sticky. Cover with a kitchen towel and let stand at room temperature for 10 minutes.
3. Line 2 large baking sheets with wax paper. Sprinkle the work surface and rolling pin with some of the reserved flour mixture. Roll out the dough into a 12-inch square. Cut into 16 squares. Transfer the squares to the prepared baking sheets, cover with a kitchen towel and let stand in a warm place for 2 hours.
4. Fill a large pot with enough oil to reach a depth of 2 inches. Heat over medium-high heat until it registers 360° on a deep-fat thermometer. Working in batches of 3, fry the squares of dough, turning carefully with a slotted spoon, until golden-brown and puffed, about 2 minutes. Transfer the beignets to a paper-towel-lined plate to drain. Dust the beignets generously with the coffee and confectioners' sugar; serve hot.

tip Use a pizza cutter to cut the dough into squares.

FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY CINDY DIPRIMA.

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CLOUD CONTROL

Don't let spring showers spoil your outdoor plans: **Decode suspect clouds with these pointers from Jim Duncan**, a meteorologist and co-author of *The Weather Wizard's Cloud Book*.

FAT CHANCE A smattering of clouds that aren't getting bigger is your fair-weather friend, especially if you can still see blue sky peeking out from the background!

SLIGHT CHANCE If a thin blanket of clouds thickens and darkens slowly over a few hours, some light rain is possible. This could also mean a more substantial storm is coming, but not for another 12 to 24 hours.

LIKELY CHANCE Thick, puffy clouds that are dark at the base could possibly signal a thunderstorm—especially if the air is very warm and humid. Schedule a rain date! —EMMY FAVILLA

WATCH OUT

Sprout watches *($30, amazon.com)* are made with soft, organic cotton straps and sustainable bamboo dials so lightweight, we hardly notice we're wearing them. They contain mercury-free batteries and are packaged in boxes made from recycled paper.

YOU CAN'T STOP A WET DOG FROM SHAKING, but this trick may buy you enough time to duck for cover: **Gently press down on your pup's lower back with one hand when you're finished bathing him.** The pressure should deter his shake for a few seconds while you back away or grab a towel.

CENTERPIECE OF THE MONTH

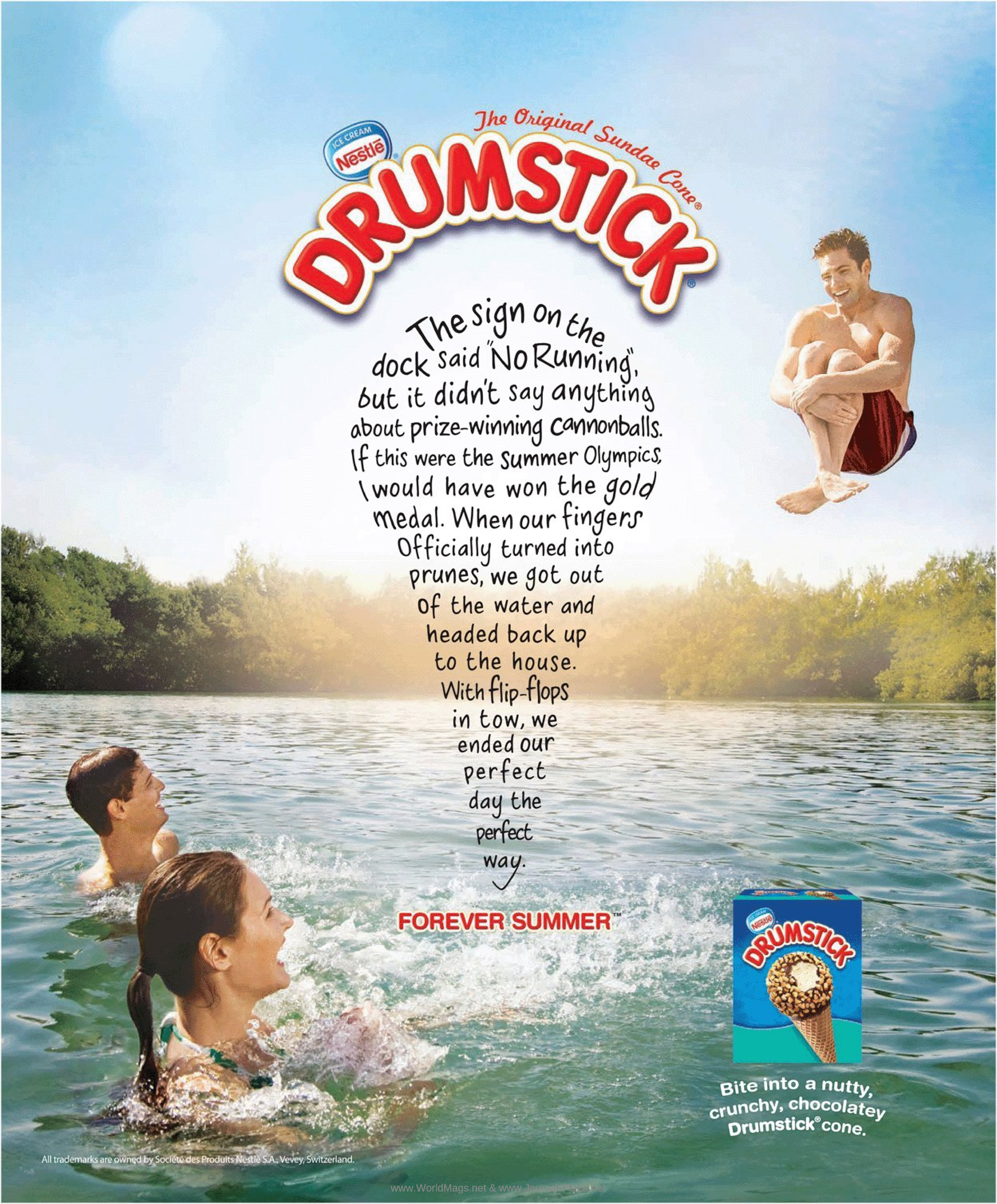
well-shred

Paper may be flat, but **star stylist and interior designer Robert Verdi** showed us it's not one-dimensional. He used basic printer paper to create these rumpled-chic topiaries. Cut and paste your own the day before a party, so they have plenty of time to dry.

robert's idea

Shred a hefty amount of paper in colors you like, or pick up some preshredded paper from a craft store. Drizzle glue on one side of a Styrofoam ball and roll it in a pile of the cuttings, pressing lightly to adhere. Fill in any bare spots and repeat on the other sides. Cover as many foam balls as you like, then let dry. Pile them on top of one another with dowels (or chopsticks!) and place in flowerpots or cluster in the center of the table.

CENTERPIECE PHOTOGRAPH BY KANA OKADA; PROP STYLING BY TIZIANA AGNELLO. WATCHES BY LUCAS ZAREBINSKI; PROP STYLING BY CINDY DIPRIMA.



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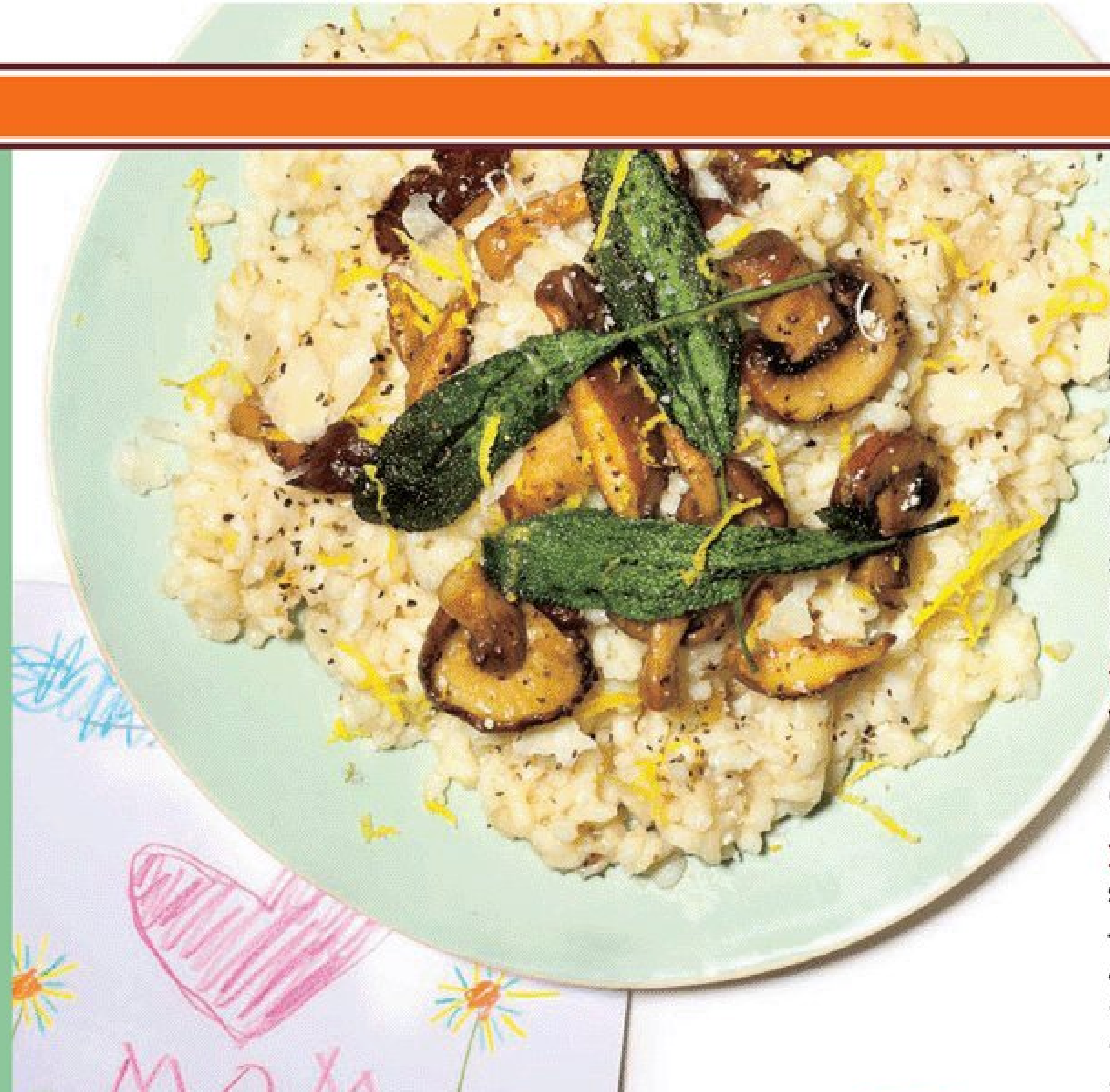
"SOUP DU JOUR" you've got down. But **if you need help decoding another foreign menu term, call in the mobile experts**. Take a cell phone snapshot—zoom in on one word or the full menu—and use the **pictranslator.com** app *($2 for a onetime download)*. In less than a minute, you'll get the English translation, plus the option to hear it pronounced, so you can order with confidence. The app translates signs and newspapers, too.

menu



SAGE ADVICE

Mother's Day breakfast in bed is a tradition worth keeping. But supper is a bit more surprising. Have the gang make you a batch of this **risotto recipe from chef Gordon Ramsay**, whose new cookbook, *Gordon Ramsay's Family Fare*, is due out this month.

Mushroom and Sage Risotto

SERVES 4 **PREP** 15 MIN **COOK** 30 MIN

- 4 cups chicken broth
- 1½ cups arborio rice
- 1 stick (4 ounces) butter
- 1 pound mushrooms, such as cremini and shiitake, sliced
- 1 large shallot
- ¼ cup dry white wine
- 1 cup grated parmesan cheese
- Grated peel and juice of ½ lemon
- Salt
- ½ cup fresh sage leaves

1. In a saucepan, bring the broth to a boil. Add the rice; cook for 5 minutes. Drain and transfer to a bowl; return the broth to the pan and keep warm.

2. In a skillet, heat 2 tablespoons butter over medium-high heat. Add the mushrooms and cook until browned; transfer to a plate.

3. In a saucepan, melt 1 tablespoon butter over medium heat. Add the shallot and cook until softened. Add the wine and cook until the liquid has evaporated. Stir in the rice, then add the broth, a ladleful at a time, adding more as it absorbs. Cook until the rice is tender, about 10 minutes. Stir in the parmesan, 1 tablespoon butter, the mushrooms and the lemon peel; season with salt. Cover and let sit for 5 minutes.

4. Meanwhile, in a skillet, heat the remaining 4 tablespoons butter over medium heat. Stir in the sage and cook until the butter turns golden and the sage is crisp, about 5 minutes. Remove the pan from the heat and stir in the lemon juice. Serve the risotto with the toasted butter and sage.

strung along

Reimagine holiday string lights, summer-style, with this trick from **Rach's buddy Evette Rios**: Pop a colorful cupcake wrapper onto each bulb, then twist them around backyard trees and porch posts preparty.

plan ahead Be sure to check your light packages for the number of bulbs each string contains before buying the cupcake wrappers. (We ordered ours from the huge selection at fancyflours.com.)

WHAT YOU'LL NEED

A hole puncher, paper or foil cupcake wrappers, white string lights

HOW TO ASSEMBLE

1.

1. Use a hole puncher to make a hole in the bottom center of a cupcake wrapper. Fold the wrapper if needed for a better grip.

2.

2. Poke the bulb through the hole, pushing until the wrapper sits securely on the plastic just beneath the bulb. This will help prevent the wrapper from moving.

web **Find 20-plus DIY outdoor party tricks** at rachaelray mag.com/may.

PHOTOGRAPHY BY LUCAS ZAREBINSKI; FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY CINDY DIPRIMA.

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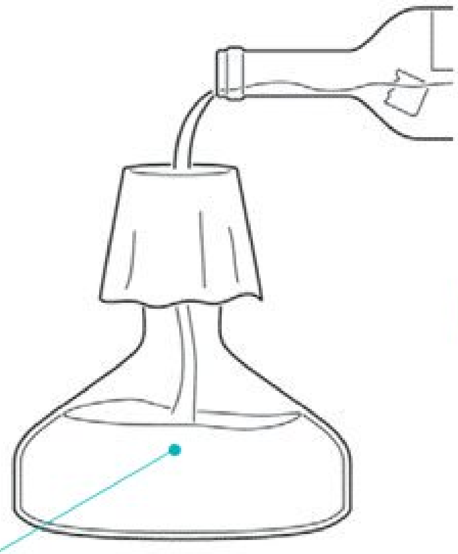
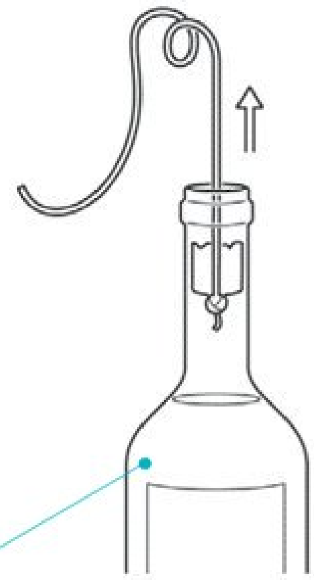
SAVE A BROKEN CORK

Can't keep the cork from cracking under pressure? Adrian Murcia, a New York City sommelier, says you can still save the bottle.

—ADAM BIBLE





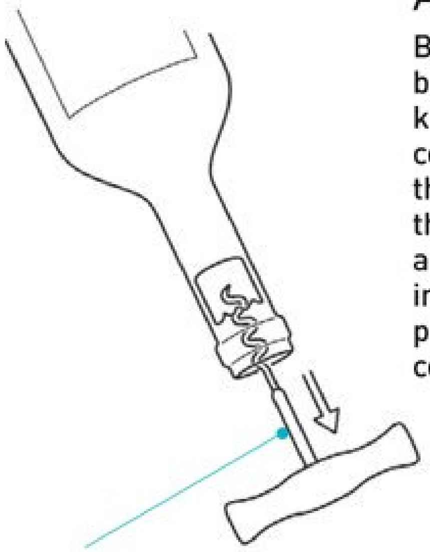


ILLUSTRATION BY ARTHUR MOUNT.

IF YOU'VE GOT...

Cheesecloth

Push the cork into the bottle using your finger. Place a piece of cheesecloth over a decanter or glass, then slowly pour the wine through—**the cloth will catch all the offending bits**. (Unbleached coffee filters work, too, but the denser weave might sap the wine's flavor.)

[OR]

IF YOU'VE GOT...

Twine

Push the cork into the bottle and pour some wine off so the cork bobs near the bottle's neck. Cut a foot of twine and double-knot it at one end. Then drop the knotted end into the bottle (past the cork) and **maneuver the cork toward the opening by pulling it with the knot**.

[OR]

IF YOU'VE GOT...

Nothing!

If all you have is a corkscrew, gently twist it back into what's left of the cork, then invert the bottle to an angle greater than 45 degrees. **The pressure from the liquid should help push the cork** while you pull. Turn the bottle upright again to finish removing the cork.

HOW TO AVOID A BREAK

Be sure to first remove the bottle's casing using a sharp knife or the cutting tool on a corkscrew. Position the tip of the screw slightly off center, then slowly spiral it in as far as it will go. When it's firmly in, gently ease out the cork, pulling straight up. Use the corkscrew arm for leverage.

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Tyson

Dinner in 5

Get quick, delicious family dinners right out of the bag with Tyson® Grilled & Ready Chicken Breast Fillets—great grilled taste with no preservatives. Try this time-saving meal idea and you've got Dinner in 5.

Quick Cajun Chicken Pasta

1. Brush **Tyson® Grilled & Ready Chicken Breast Fillets** with oil
2. Shake on Cajun seasoning
3. Heat 3 minutes in microwave
4. Serve over cooked pasta that's been tossed with marinara sauce
5. Top with shredded or shaved Parmesan cheese and sprinkle with chopped parsley

Dinner in 5 Bonus

You just saved 20 minutes—get outside and enjoy the new spring weather!

Enter for a chance to win an ultimate $2,500 kitchen package

Tell us how you use Tyson® Grilled & Ready Chicken Breast Fillets to get dinner on the table in 5 for a chance to win the ultimate kitchen prize package. Enter and get full details and rules at DinnerIn5.com

Tyson Grilled & Ready

No purchase necessary to enter or win. Open to residents of the U.S. age 18 and over. Sweepstakes begins 3/4/10 and ends 8/31/10. Void where prohibited. To enter and for official rules, visit www.Dinnerin5.com.

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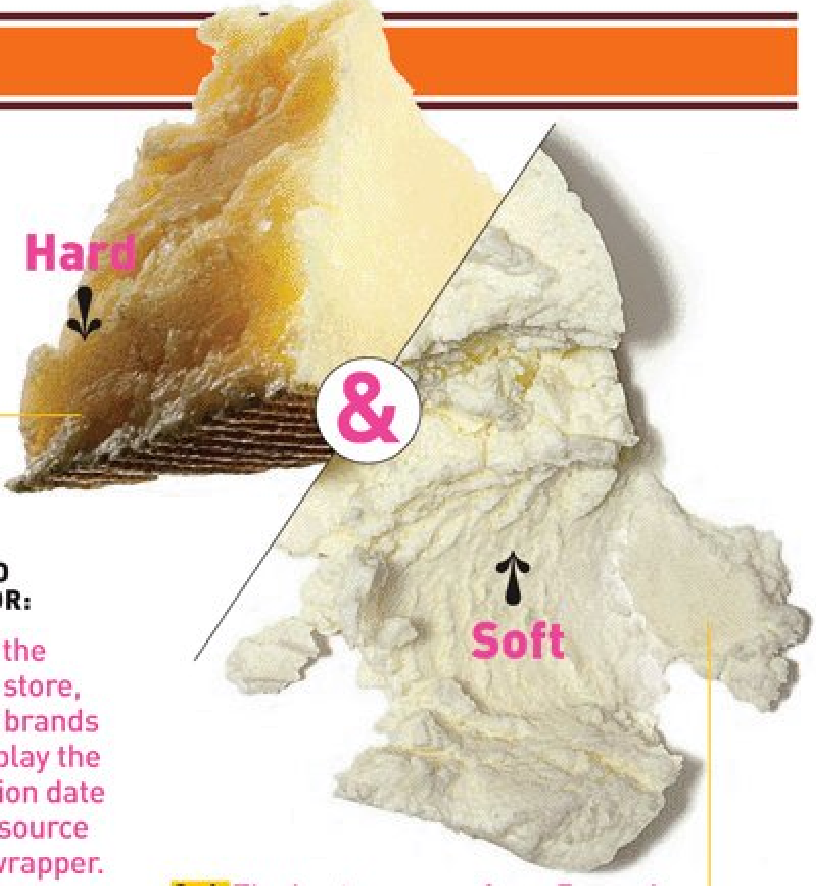
NEW CURDS ON THE BLOCK

Like fruits and vegetables, cheese is also seasonal. And May just happens to be the best time to eat the stuff, says **Liz Thorpe, vice president of Murray's Cheese in New York City and author of *The Cheese Chronicles***. "Right now, goats and sheep are chowing on young spring grasses, so the milk they produce will have amazing floral and citrus flavors, and will be creamier than the winter curds," she says. May is also an ideal time to buy hard aged cheeses, like comté, parmesan and gruyère varieties that were made last spring and have had plenty of time to ripen.

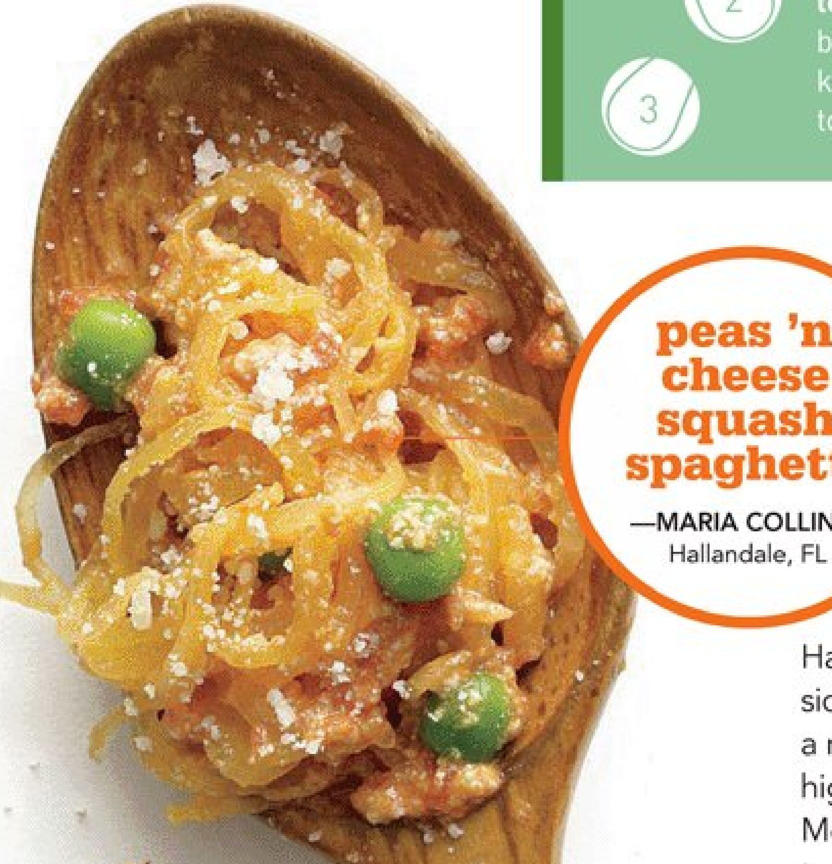


WHAT TO LOOK FOR:

Hard At the grocery store, look for brands that display the production date or milk source on the wrapper.

Soft The best ones are from France's Loire Valley, but ask about local options at a cheese shop. Most packaged goat cheese you find this time of year should be freshly made.

WHEN DRYING FLUFFY ITEMS like bath towels, down comforters and pillows, **toss two or three unused tennis balls into the dryer**, too. The bouncing may be noisy, but it'll help keep the down from clumping and the towels extra-soft.



take five

peas 'n' cheese squash spaghetti

—MARIA COLLINS, Hallandale, FL

1. 1 large spaghetti squash
+
2. One 16-ounce jar marinara sauce
+
3. 2 cups frozen peas
+
4. 1 cup ricotta cheese
+
5. ½ cup grated parmesan cheese

Halve the **squash** and place cut side up on a damp paper towel in a microwavable dish. Microwave on high until tender, about 15 minutes. Meanwhile, in a large saucepan, stir together the **marinara** and **peas** and warm over medium heat for about 5 minutes. Using a fork, scrape the strands of squash into the marinara and peas. Bring to a simmer and cook until the sauce is no longer watery, 5 to 7 minutes; remove from the heat. Stir in the **ricotta** and season with salt and pepper. Divide among 4 bowls and top each portion with some of the **parmesan**.

Do you make a great dish with five ingredients? Visit rachaelraymag.com/talk. Olive oil, salt and pepper are freebies.

RECIPE PHOTO BY KANA OKADA; FOOD STYLING BY VIVIAN LUI; PROP STYLING BY TIZIANA AGNELLO. CHEESE BY LUCAS ZAREBINSKI; FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES.

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EVERYDAY faves fun

shop the coolest finds

Got leftover wine? A **Rubber Screw Bottle Stopper** lets you save it for another time. **$14 for 3** shopplasticland.com

Peas out! Swaddle your tyke in a cotton **Sweet Pea Baby Bunting and Cap Set**. **$29** spoonsisters.com

An interlocking **Puzzle Board** makes a funky serving tray or, when taken apart, individual tapas plates. **$59** vivaterra.com

faves tip The best time to shop? Before noon. The store will be in order, so it's easier to find sizes and styles.

We've found summer's coolest treat: a battery-operated **Cupcake & Cartwheels Ice Cream Cone Fan**! Choose from strawberry, chocolate or vanilla. **$6** 800-896-7266 for stores

Feel like a rock star in the kitchen with a silicone **Flipper Guitar Spatula**. **$10** amazon.com/kitchen

I think this **Kissy Chimp Salt and Pepper Set** is more fun than a barrel of monkeys! **$13** patinastores.com

Soft, foam-padded **DCI Funky Fonics Headphones** will make your playlist sound (and look!) awesome. **$30** 401-621-2324 for stores

Carry life's little necessities in a petite **Accessory Bag**, made of recycled cotton and old soda bottles. **$16 each** whimsypress.com

Each 11-inch **Ecosource Organic Grow Your Own Kit** is packed with seeds, soil and a biodegradable tray. Pick from 10 varieties. **$17** shopgreenvillage.com

Count these colorful **NPW Numberclips** as some of the coolest office supplies around. **$6** 800-716-4199

PHOTOGRAPHY BY GORMAN & GORMAN. MARKET EDITING BY WENDY MANWARREN.

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advertisement

Winning style made easy (every day)

MEET AIME STEWART, a busy mom from Cockeysville, Maryland, and the lucky winner of the Aussie Easy Solutions for Everyday Women contest. We brought Aime to New York City to meet with Aussie celebrity stylist Sarah Potempa who showed her how to make her hair look and feel beautiful in just three easy steps.

BEFORE

EASY STEPS TO BEAUTIFUL HAIR

1

2

3

GO TO RACHAELRAYMAG.COM/AUSSIE for step-by-step hairstyle videos, articles and more!

Recipe for gorgeous hair, any time

INGREDIENTS:

Aussie Catch the Wave Mousse + Leave-In Conditioner, round brush, large clips, blow-dryer, **Aussie Opposites Attract Hairspray**, 1" curling iron

DIRECTIONS:

1. Apply **Aussie Catch the Wave Mousse + Leave-In Conditioner**, infused with peppermint and wild cherry bark extract, to damp hair and blow-dry on low setting until hair is almost dry. Create volume with your fingers and then brush to reveal shine.
2. With a clip in place, section the hair starting with bottom layers and work your way up. Spray each 2" section with **Aussie Opposites Attract Hairspray**.
3. Using a 1" curling iron with the clamp closed, wrap hair in a spiral motion down the iron and away from the face. Repeat this on each section, then gently shake out curls for a natural, tousled look.

The result: **Serious hold you can count on, with the touchable softness you love. Now that's a winning combination!**

Free Gift! Buy any Aussie product and send us your receipt along with your name and address to receive a FREE *Every Day with Rachael Ray* cosmetic mirror.* (See details below)

***Mail to *Every Day with Rachael Ray*, 16 East 34th Street, New York, NY 10016, Attn: Aussie Free Gift.**

While supplies last. Offer is on a first-come, first-served basis. We reserve the right to substitute a gift of similar value, if necessary. One per customer. Please allow 6–8 weeks for fulfillment. Offer ends May 17, 2010. For inquiries regarding this promotion, please contact us at howcoolisthat@rd.com.

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For more great hair solutions, visit **hairstylelounge.sheknows.com**.

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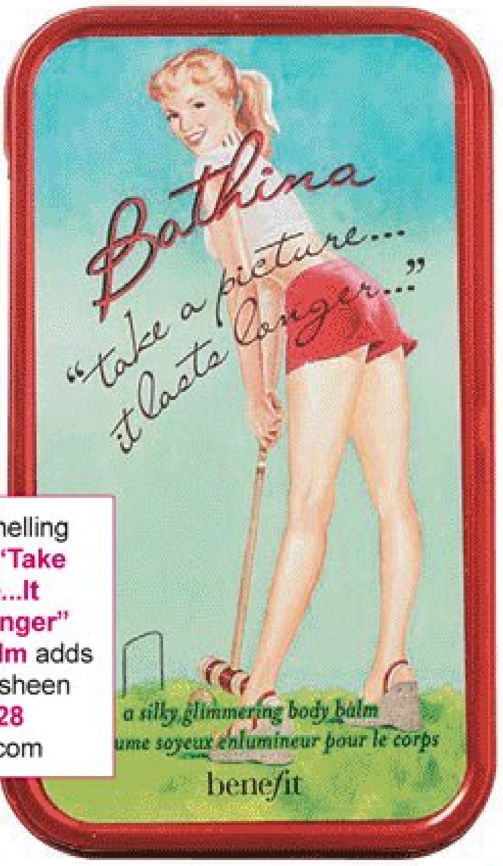
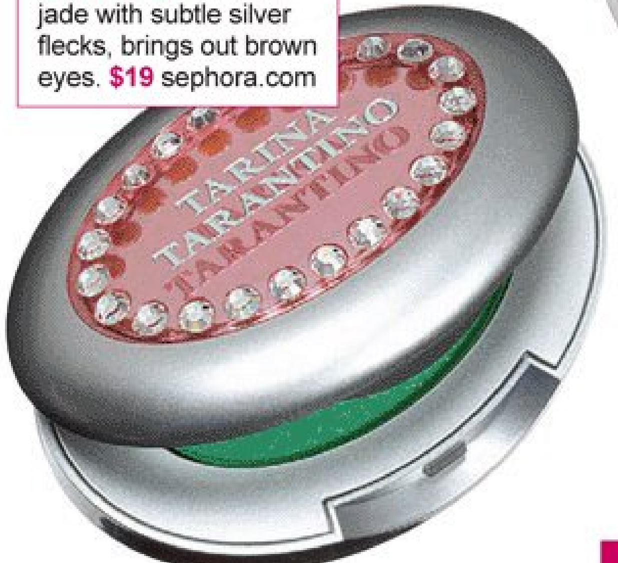
EVERY DAY faves head to toe

Maybelline New York Shine Sensational Lip Gloss comes in 18 juicy flavors and fragrances. **$6** at drugstores



Sweet-smelling **Bathina "Take a Picture...It Lasts Longer" Body Balm** adds a golden sheen to skin. **$28** sephora.com



Tarina Tarantino Eye Dream Hypershadow in Sweetzer, a bright jade with subtle silver flecks, brings out brown eyes. **$19** sephora.com

Just a dab of **Kiehl's Creamy Eye Treatment with Avocado** moisturizes and brightens the delicate areas of skin. **$26** kiehls.com

faves tip A quick fix for greasy hair: Mix equal parts baking soda and baby powder, sprinkle on roots, and brush.

Wet n Wild Mega Volume Mascara has a thick, flexible wand to pick up and apply more color to every lash. **$3** at drugstores

The light scents of orange, lemon and plum in **Clean Summer Linen Fragrance** will remind you of a warm breeze. **$49** sephora.com

With just one swipe, **Lumene Sensitive Touch Eye Makeup Remover** removes stubborn mascara, shadow and liner. **$6.50** cvs.com

My go-to travel accessory: a **Deux Lux Sparkle Baby Cosmetic Pouch**, which tucks easily into my duffel bag. **$20** shop2lux.com

The avocado oil in **Boots Hawaiian Islands Pomegranate & Avocado Body Scrub** hydrates skin, while the tiny granules leave it smooth and radiant. **$10** target.com

Co-created with stylist Teddy Charles, **Sunsilk Captivating Curls Shampoo** and **Conditioner** smooth frizz to create defined waves. **$5** at Walmart stores

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The cat's out of the bag: A **Panther Pendant Necklace** (5/8") will show off your wild side. **$135** azaara.com

Always trying to squeeze one more thing into your purse? A **Buji Baja Canvas Tote** easily holds all your favorite items. **$75** 516-364-7050

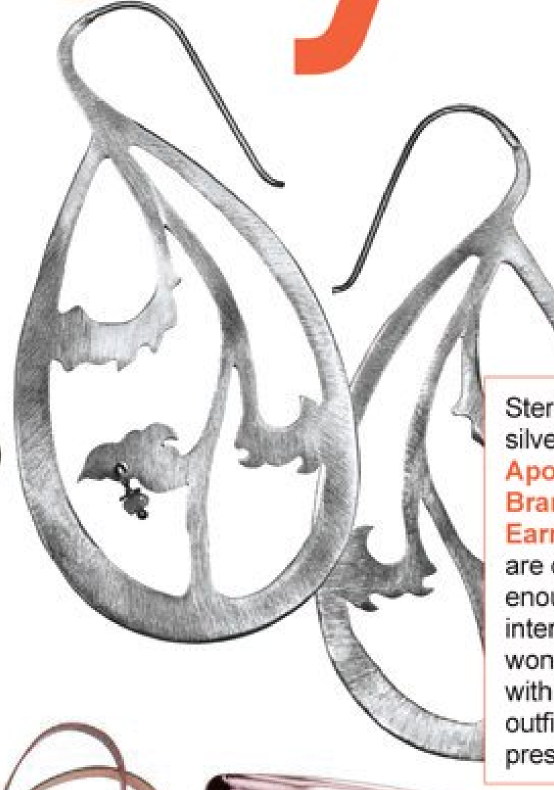
Go sophisticated: Knot a **Cashmere Peacock Scarf** behind your neck and let it drape in front. **$180** 215-933-6803 for stores

Elevate his weekend wardrobe with a supercomfy **Civil Smith Cotton V-neck T-shirt** (**$50** 732-530-3334) and **Distressed Jeans** (**$180** 512-373-7824).

EVERY DAY faves style

faves tip When cleaning jewelry made of a mix of materials, use only a soft cloth—no water or solution.

Your little guy will look bad to the bone when he's wearing a **Skull Driver Cap. $18** sandiegohat.com



Sterling silver **Nicole Apostoli Branch Earrings** are detailed enough to be interesting, but won't compete with your outfit. **$216** presh.net

My go-to outfit this month: a **Vintage Havana Crochet Dress** with flat boots and gold bangles. **$59** 718-627-3540

"Hoo" knew? These **Owl Handbags** are handmade of leather. **$62 to $78 each** patinastores.com

The translucent frames on these **Butch Sunreader Sunglasses** flatter any skin tone. **$65** eyebobs.com

When his sneakers are too casual and his wingtips too dressy, try these **Del Rey Ebony Leather Sailing Loafers. $98** bananarepublic.com

FASHION MARKET EDITING BY JANE HARRISON-FOX AND CARA APOTHEKER; PROP STYLING BY CLAIRE TEDALDI FOR HALLEY RESOURCES.

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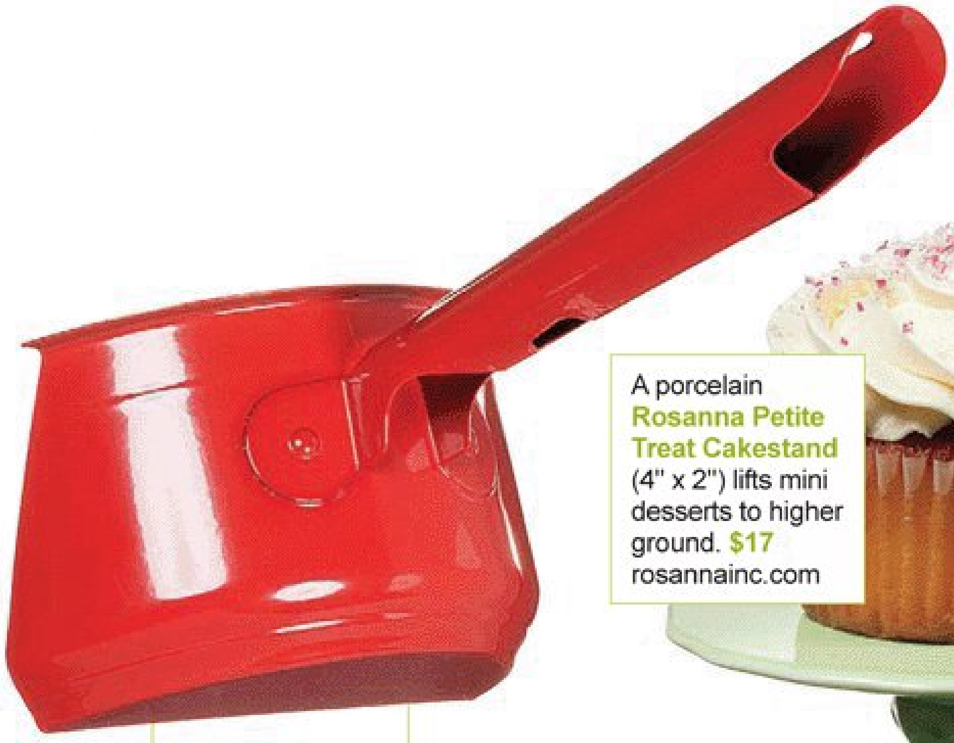
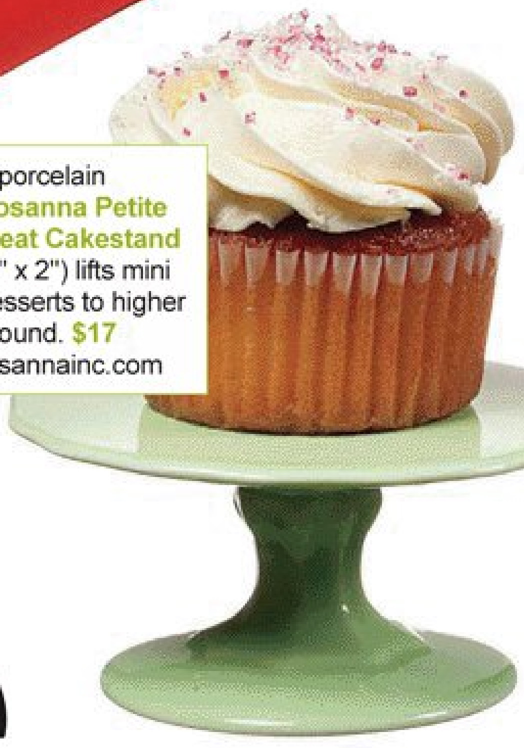
EVERY DAY faves home



I can't wait to hang this hilarious **Red Saucepan "Stuck on You" Wall Hook** in my kitchen. **$40** aplusrstore.com



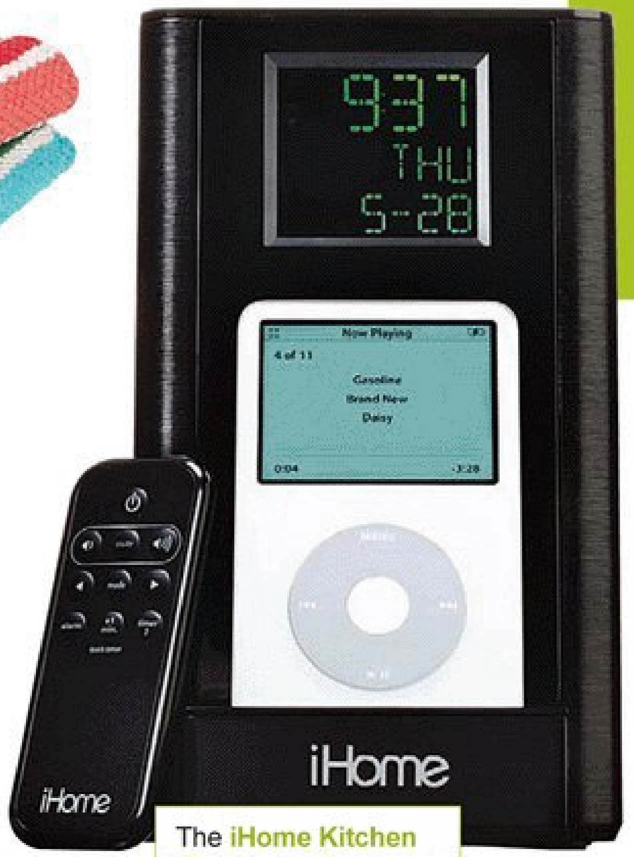
A porcelain **Rosanna Petite Treat Cakestand** (4" x 2") lifts mini desserts to higher ground. **$17** rosannainc.com

Kick your picnic style up a notch: Graphic **Felix Melamine Plates** are black and white and bold all over. **$8 and up** cspost.com

Welcome feathered friends to your trees by hanging an orange steel **Tweet Bird Feeder. $30** cb2.com

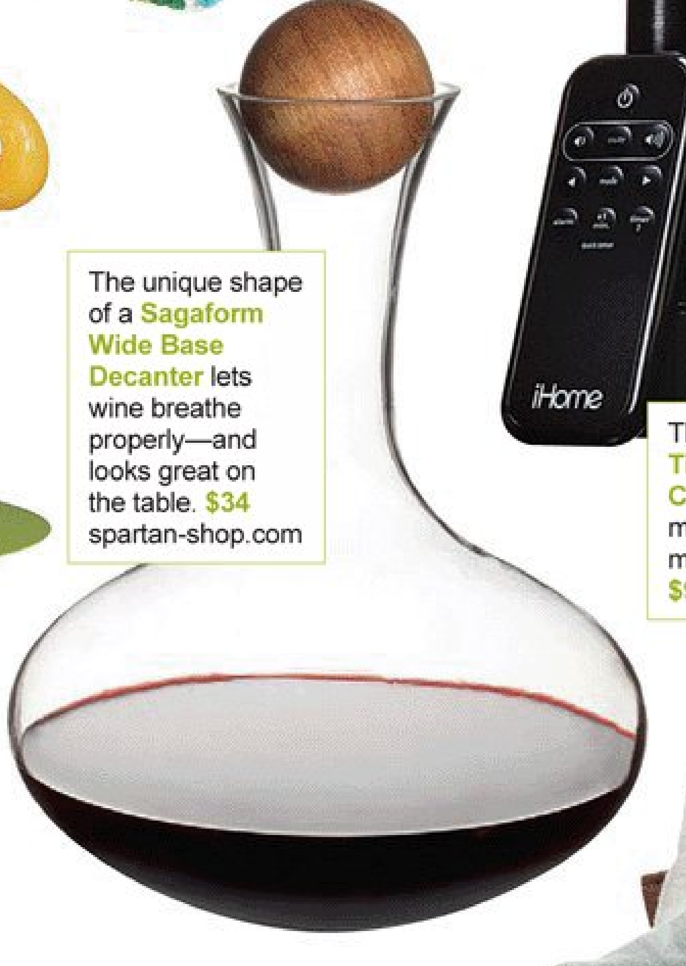
faves tip Want to know how a candle will smell when lit? Sniff the bottom. This part hasn't been exposed to air, so it has a more accurate scent.

Don't worry about food spills: A durable **Nova Striped Kitchen Mat** can be spot-cleaned or tossed in the washing machine. **$30 each** nowdesigns.net for stores



The **iHome Kitchen Timer and Alarm Clock Radio** plays my iPod and has multiple timer settings. **$99** ihomeaudio.com

These hand-carved **Elephant Candles** are *almost* too pretty to light. **$12.50 each** blisslivinghome .com



The unique shape of a **Sagaform Wide Base Decanter** lets wine breathe properly—and looks great on the table. **$34** spartan-shop.com

A little birdie told me: A **Danica Studio Zaza Owl Cushion** turns any chair into a cozy landing spot. **$8** grandthestore.com

Whether you're serving drinks or dessert, the iron **Garçon Rolling Bar Cart** is the perfect party accessory. **$70** cb2.com

Toss an **Upcycled Lavender Dryer Sachet** in with your laundry—it naturally softens and scents clothes, and can be used again and again. **$10 for 3** greendepot.com

MARKET EDITING BY WENDY MANWARREN.

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ready set

everything you need to get started

PHOTOGRAPH BY LEVI BROWN; PROP STYLING BY RICHIE OWENS FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE.

second to none

The newest look in kitchens isn't so new: Secondhand decor is all the rage. In fact, eBay had more than 11,000 results for "decorative dinner plates" at press time. **This month we've got more ways to redecorate your space on any budget.**

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EVERYDAY kitchen

any kitchen, any price

Rach's design buddy **Evette Rios** reveals her best tricks for sprucing up the kitchen, no matter how much (or little) you can spend.

[$25 AND UNDER]
Divide resources. Improve the kitchen's look (and function) by corralling baking sheets, cutting boards and pot lids with **plate racks** *($16, organize.com)* and pan dividers *($4 to $5, containerstore.com)*. You'll leave more space for the next item on your kitchen wish list—okay, the next two items.

[$50–$100]
Fake a new appliance. FridgeFronts *($90, fridgefronts.com)* are **refrigerator-size magnets** in various patterns and colors that add style to an otherwise ho-hum appliance. Evette used a powder blue one to redo a family's kitchen on the *Rachael Ray* show—it matches her on-set fridge!

[$100–$150]
Work your backsplash. You might equate a **pegboard** with the garage, but it holds more than tools. With some paint, it can even be a showpiece! Get it primed and painted at a home-supply store, or go DIY with an oil-based, semigloss color. Add S-hooks, and pots and pans are just an arm's length away.

[$150 AND UP]
Use counter intelligence. Cooking takes a toll on counters, leaving chips and stains. Not ready to buy new ones? Refinish what you've got. **Modern Masters Countertop Transformations** *($248, modernmasters transformations.com for stores)* is a DIY finish that leaves counters looking like new—in a weekend.

veg-a-might
Moms have new hope in the kids-versus-veggies showdown: A Cornell University study found that preschoolers were way into vegetables when they had fun names—in fact, kids continued to eat 50 percent more plain ol' carrots days after being served X-Ray Vision Carrots. (Personally, we prefer Superpower Spinach.)

tip from the test kitchen

No red wine vinegar on hand? Make a quick substitute by combining 1 tablespoon apple cider vinegar with ½ teaspoon red wine.

KITCHEN AND WINE GLASS, GETTY IMAGES; RIOS, JASON TODD; PEGBOARD AND MEASURING CUP BY BOYLE & GARDNER; PROP STYLING BY SHARON RYAN FOR HALLEY RESOURCES.

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my space

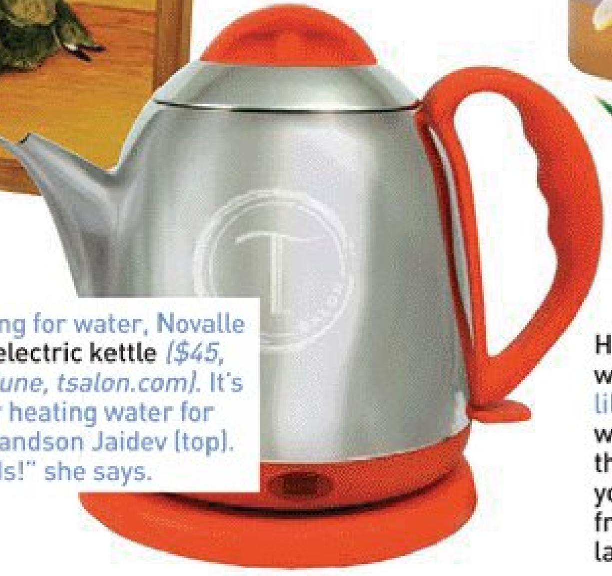
NAME Miriam Novalle
OCCUPATION Founder and president, T Salon (in New York and Los Angeles)
LOCATION Los Angeles

There are all sorts of amazing smells brewing in Novalle's kitchen. What else would you expect from a perfumer-turned-tea empress? Chefs often call on Novalle to mix tea into their menus (think earl grey-kissed chocolate ice cream), and that playfulness also extends into her home kitchen, where her experiments include butter flavored with ceylon, a black Sri Lankan tea. (Try it with your morning english muffin.) Novalle has traveled the globe to compose her handpicked blends, and along the way she's collected treasures for her kitchen: You'll find German tea strainers and wooden wall hangings that are remnants of a Thai monastery wall. But she loves nothing more than coming home. "My kitchen is where I trust my intuition," she says. —HOLLY EAGLESON

A hobbyist painter, Novalle fills her kitchen with art, like this painting, done by a friend who lives in Spain. Novalle likens the "heart-and-soul" approach of painting to recipe developing.

After those meals that require "every pot, pan, dish and utensil" to cook, she relies on Mrs. Meyer's Clean Day Lavender Dish Soap *($4, mrsmeyers.com)*.

Novalle grew up on a chicken farm, so she's got opinions on eggs. "They've got to be dry," she says. "I make a dry omelet that I finish in the oven. No poaching here, darlin'. It grosses me out."



Tired of waiting for water, Novalle designed an electric kettle *($45, available in June, tsalon.com)*. It's also great for heating water for bottles for grandson Jaidev (top). "In 15 seconds!" she says.

Her kitchen is never without stargazer lilies. "I love the way they close and then open, making your whole house fragrant. And they last for two weeks!"

The finishing touch on one of Novalle's veggie-loaded salads: Cindy's Kitchen Organic Creamy Miso dairy-free salad dressing *($6, at grocery stores)*. And radish sprouts, for a kick.

on hand

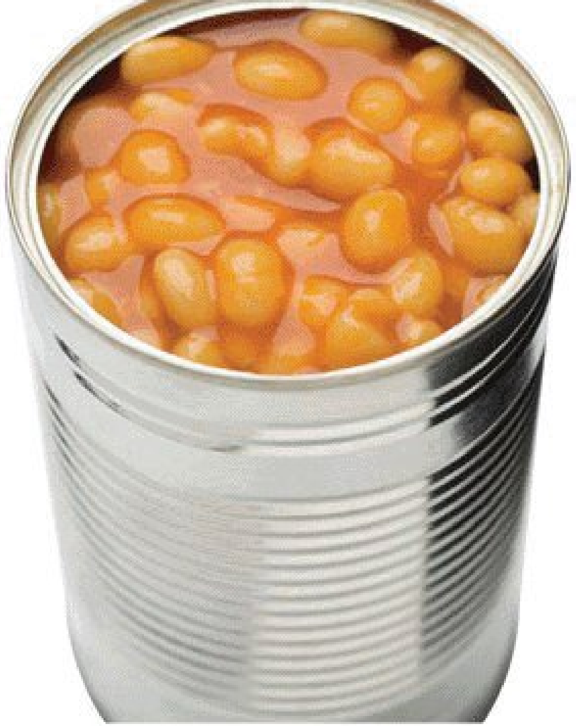
baked beans

GET INSPIRED

make barbecue sauce
Puree baked beans with spicy mustard, dark brown sugar and chicken broth, then slather onto pork tenderloin while it's roasting.

stretch your ground beef
Add drained baked beans, finely chopped bell pepper and onion to ground beef and shape into burgers or meatloaf.

whip up an app
Spread mashed baked beans on a flour tortilla, sprinkle with spicy shredded grilled chicken, roll up into a pinwheel and slice into two-bite pieces.



sound bite

barely cooking

You've been braising. Stewing. Roasting. Enough! After months of cold-weather cooking, it's time to **take a break** from the heavy lifting and the heavy flavors. The bright veggies of spring are just starting to wake up and—cue the band—they barely need work. So get thyself to the farmers' market. Let your **senses decide what produce is best**. Buy it. Then do as little as possible. Quickly steam or sauté your finds, or leave them raw, dressed with a little olive oil, lemon juice, salt and pepper. **Keep it simple.**

NOVALLE, EMANNUEL TODOROV; EGGS, ISTOCKPHOTO.COM; PAINTING, JULIE NOVALLE; LILY AND BEANS, GETTY IMAGES.

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get fresh rhubarb

BY KATIE BARREIRA

»BUY IT

Look for vibrant red, pink or green stalks.

REMOVE ANY LEAVES, WHICH ARE INEDIBLE AND POSSIBLY TOXIC.

Wrap tightly in plastic and refrigerate for up to 2 weeks.

Skip limp or blemished stalks, or any with signs of decay.

BEST: APRIL THROUGH JUNE

»COOK IT

Rhubarb Fool

SERVES 6

Preheat the broiler. Using a mixer, beat together **¾ cup room-temperature cream cheese**, **½ cup sugar**, the **grated peel of 1 orange** and **a pinch salt** until smooth. Beat in **1 cup heavy cream** until soft peaks form, about 1 minute; refrigerate. Slice **1 pound rhubarb** crosswise into ½-inch pieces. On a large rimmed baking sheet, toss the rhubarb with **1 tablespoon orange juice**, then sprinkle with **½ cup sugar** and spread in an even layer. Broil about 2 inches from the heat, shaking the pan once or twice, until softened, 5 to 8 minutes. Let cool to room temperature, about 15 minutes. Layer in juice glasses with the orange cream.

web **Get another rhubarb recipe** at rachaelraymag .com/may.

»MAKE IT

Chop and cook with chopped onion, finely chopped garlic and whole raisins in honey and red wine vinegar for a savory compote—rhubarb breaks down quickly, so shake the pan, don't stir, to let it retain its shape. ❄ Chop and simmer with sugar and lemon juice for 10 minutes, then strain and mix the juice with seltzer for a spritzer. ❄ Finely chop, mix with berries and bake under a topping of brown sugar, nuts and oats for a rhubarb crisp. ❄ Add thin slices to a stir-fry of grated fresh ginger, snap peas and a splash of pineapple juice. ❄ Slice, coat with sugar and broil until caramelized for an easy dessert. ❄ Add thin slices to your favorite quick bread or muffin recipe. ❄ Finely chop and combine with dried cranberries, feta and honey, then wrap in small phyllo dough squares and bake for an appetizer. ❄ Braise 1-inch pieces with sugar and balsamic vinegar for an ice cream topping. ❄ Blanch thin slices in sweetened water and add to salads.

PHOTO: ALAMY.

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All for one

1/2 the fat. 1/3 fewer calories than regular ice cream.
Now in a variety of cups.

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taste test: Tomato Sauce

BY **DINA CHENEY** | PHOTOGRAPH BY **KANA OKADA**

web

Get more of our top bottled shortcuts—like salad dressing, barbecue sauce and salsa—at rachaelraymag.com/may.

BEST TRADITIONAL
365 Everyday Value Organic Classic Pasta Sauce

Simple and perfectly seasoned with the classics (oregano, basil and garlic), this "little black dress" of a pasta sauce would pair well with meatballs, pizza or ravioli. As one panelist said, "It's slightly sweet, but the herby flavors keep it balanced." *($2.99 for a 25-ounce jar, at Whole Foods Markets)*

BEST GARLIC
Trader Joe's Roasted Garlic Marinara

No need for breath mints here! The garlic in this affordable option is slow-roasted, giving it a "subtle and sweet flavor," according to one taster. Blended with a hearty tomato base—the result of tomatoes cooked down for hours in olive oil—this "thick, aromatic" winner would be the ultimate dipping sauce for garlic knots. *($1.99 for a 26-ounce jar, at Trader Joe's stores)*

BEST SPICY
Rao's Homemade Arrabbiata Sauce

This "intensely red and not-too-spicy" sauce is flecked with basil, oregano and a touch of crushed red pepper. The "soft chunks of tomato melt in your mouth," enthused one panelist, and another noted that it would be a "wicked" match for seafood and rigatoni. *($8.99 for a 24-ounce jar, at grocery stores)*

BEST VEGETABLE
La Famiglia DelGrosso Uncle Jim's Late Night Puttanesca

"Loaded with fresh-tasting mushrooms and onions," this sauce gets its tangy flavor from white wine, olives and capers. "It's so delicious, you could eat it straight from the jar!" gushed one panelist. And unlike in some puttanesca sauces, the anchovy "isn't overpowering." *($7.99 for a 26-ounce jar, at grocery stores)*

BEST CHEESY
Classico Four Cheese Pasta Sauce

This "rich, bold" front-runner perfectly balances the nutty saltiness of parmesan, provolone, ricotta and romano cheeses with the sweetness and acidity of concentrated ripe tomatoes. One taster suggested tossing it with penne for a quick warm-weather dinner. *($2.90 for a 24-ounce jar, at grocery stores)*

FOOD STYLING BY VIVIAN LUI; PROP STYLING BY TIZIANA AGNELLO.

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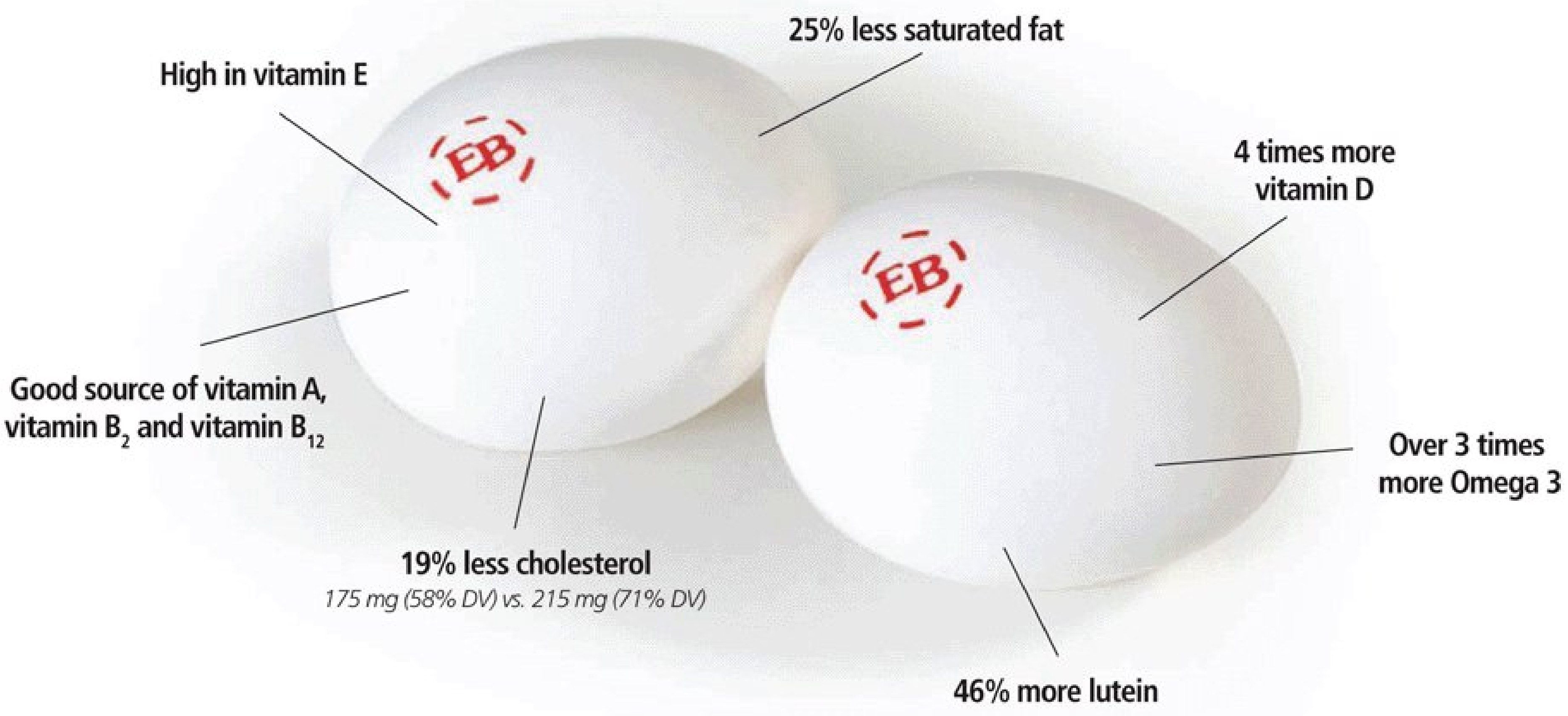
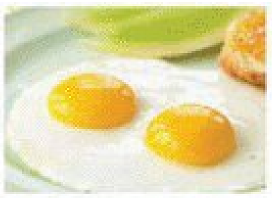


Announcing some *eggciting* news:
Eggland's Best now provides even better nutrition for your family. Compared to ordinary eggs, EBs deliver even higher levels of important nutrients like vitamins A, D and E. Along with lower levels of saturated fat and cholesterol. All this, combined with their delicious, farm-fresh taste, is why Eggland's Best continues to stand for the very best in quality and value for your family.

www.eggland.com

THE BETTER EGG



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Put Your Grocery Bill on a Diet

Drastic savings call for drastic measures, so we called in the experts for their best tips to help whip your shopping list into shape. BY NICOLE CHERIE JONES

before you go

1 | COMMIT TO SHOPPING LESS.
Plan on two major shops a month, with weekly visits for perishables, says Kimberly Danger, author of *Instant Bargains*. Singles and couples are twice as likely as families to shop several times a week: "They see it more as a leisurely activity than a task," says Danger. A recent study shows that impulse buys shoot up 23 percent on unplanned trips, and decrease 13 percent when planned.

2 | MAP OUT A WEEK'S WORTH OF MEALS.
Relax, we're not asking you to trot out a new dish seven nights a week. Smart menu planning is about identifying ingredients that can make repeat appearances, says Mary Ostyn, author of *Family Feasts for $75 a Week*. Choose three star meals, then build supporting suppers around them, using leftover ingredients in salads and pastas.

3 | LEAVE YOUR PLASTIC AT HOME.
Set aside about 10 percent of your weekly salary for groceries and plan on paying with cash. Shopping with dollars in hand will cut spending by about 25 percent per trip. "It's psychologically more difficult to fork over cash than a credit card," says Jeanette Pavini, coupon.com's household savings expert.

while you're there

4 | GET IN AND GET OUT—FAST.
Shopping should take no longer than 30 minutes a week, says Danger. The longer you linger, the more you'll probably spend. In a recent study, "fast and efficient" shoppers were 82 percent less likely to impulse-buy than the average shopper. The more you interact with a product (i.e., picking it up to read the label), the more likely you are to buy it, says Paco Underhill, author of *Why We Buy*. Couples, in particular, should take note, as they "often encourage each other's splurges," says Danger, resulting in 50 percent higher costs per person compared to families.

5 | BUY MEAT, SEAFOOD AND POULTRY...WHEN IT'S ON SALE.
It may feel like groceries cost an arm and a leg, but that doesn't mean you need to eliminate breasts and thighs. There's often a cut going for less than $2 per pound, says Ostyn. Plus, it's a myth that sale cuts are poor quality. Meat freezes well, so stock up and divvy into meal-size portions—the average family will save up to $800 a year.

once you're home

6 | REVIEW YOUR RECEIPTS.
In fact, hold on to a month's worth. Cross off staples like milk and eggs—"whatever's left are extras you can live without," says Danger. Also check the date and time stamp. Do you tend to buy more "extras" on weeknights, when your willpower is low from a long day at work? Try shopping on the weekend instead.

7 | CONSIDER ANOTHER STORE.
Ostyn suggests tracking prices of staples to see which stores offer competitive prices. "Identical items often vary by at least a dollar," says Ostyn, who points out that most people shop at three supermarkets a month. Sniffing out the lower prices on 10 items a week will save more than $500 a year.

MARKET VALUE

When you're looking for deals, some aisles are hotter than others.

hot frozen foods
Freezer staples like fruits and veggies are your best friends. "They allow you to use only what you need," says Pavini. Half the average household's annual 460 pounds of food waste is fresh produce.

not cereal/breakfast foods
Eighty percent of families splurge on boxed cereal and flavored oatmeal packets that cost three times as much as quick fixes like plain oatmeal or eggs (which you can hard-boil on days that you're short on time).

A little homework adds up to big savings—by following all the tips on this page, the average family of four will save up to $3,000 per year!

SUPERMARKET, VEER.COM; COIN JAR, ISTOCKPHOTO.COM.

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CHECK OUT: **STEAL VS. SPLURGE**

specialty goods

Bumble Bee Prime Fillet Tonno in Olive Oil

($1.99 for a 5-ounce can)
Pretty chunky for the price. Season with pepper and serve on crostini for a healthy snack.

Callipo Solid Pack Light Tuna in Olive Oil

($13 for a 7-ounce jar)
With its ridiculously toothsome chunks of yellowfin tuna hand-packed in olive oil, this catch demands attention. Make it the star of an antipasto platter.

Archer Farms Orange Blossom Honey

($3.99 for a 12-ounce bottle)
Feel free to slather this nicely priced honey all over grilled meats.

Honey Ridge Farms Orange Blossom Honey

($9.50 for a 16-ounce bottle)
The bees of Honey Ridge feed on the sweet orange blossom nectar found in California. Translation: Just a drop and your tea will taste like a special treat.

Boar's Head Parmigiano-Reggiano

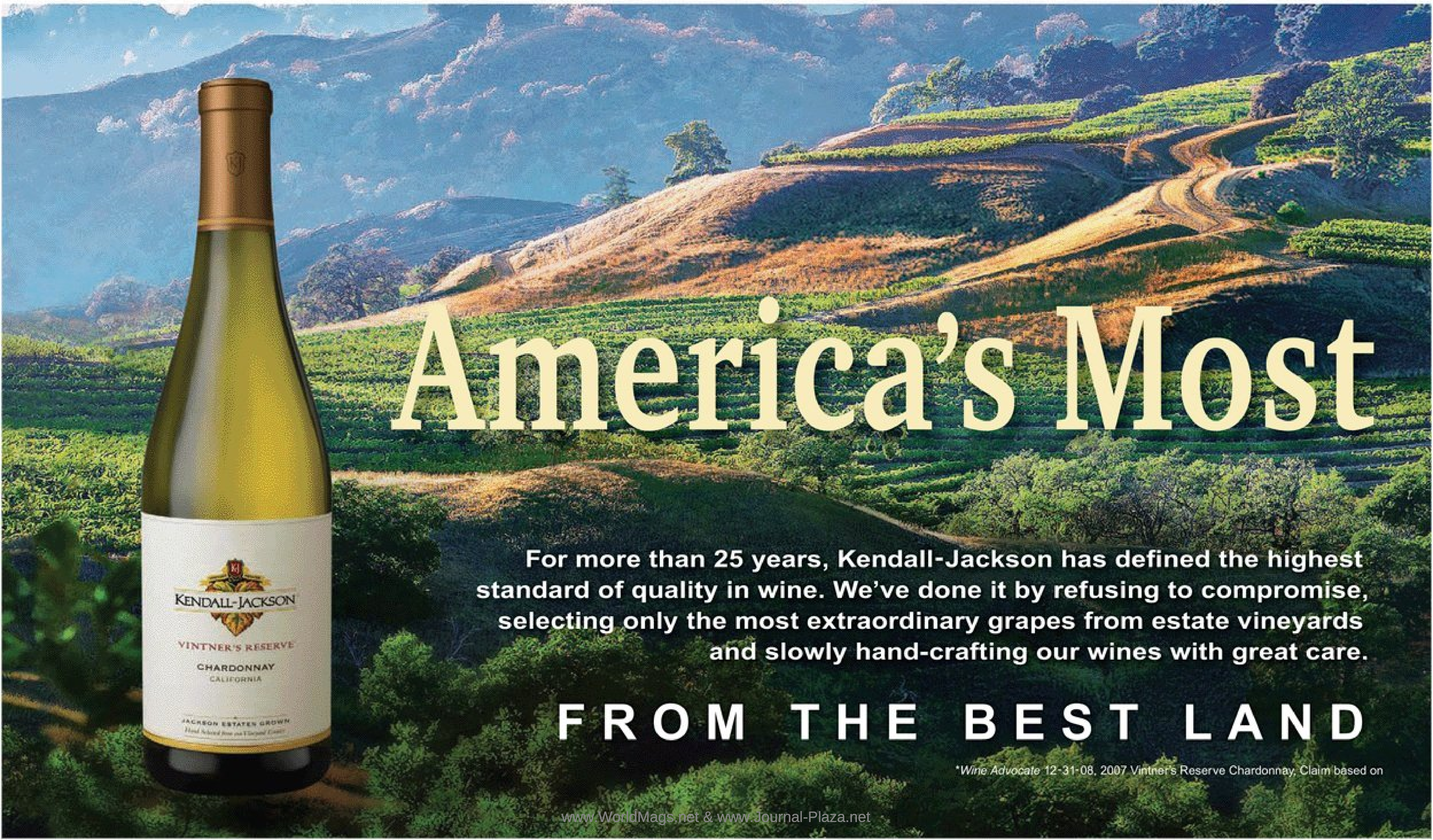
($19.99 per pound)
As Rach says, imported parmigiano-reggiano is **always worth the splurge**. Knockoffs lack the nutty, multilayered flavors of this Italian staple.

Yoplait 0% Greek Yogurt

($1.19 for a 6-ounce cup)
Just as tangy as Fage (but not as creamy), this yogurt is the perfect base for fruit preserves.

Fage Total 0% Greek Yogurt

($2.29 for a 5.3-ounce cup)
It's hard to believe this yogurt—with its velvety-smooth texture and creamy flavor—is fat-free.



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man on the street

We asked shoppers at a Long Island, New York, supermarket:
What are your must-buy shortcuts for backyard barbecues? —MARISSA GOLDBERG

"Everything gets marinated in Soy Vay teriyaki sauce. It's the perfect balance of sweet and tangy, and makes chicken and beef super-tender." —DINA EVANSON

"We won't grill without Tyson Buffalo Chicken Wing Any'tizers. They're restaurant-quality, but way cheaper than eating out." —FELICIA DIGREGORIO

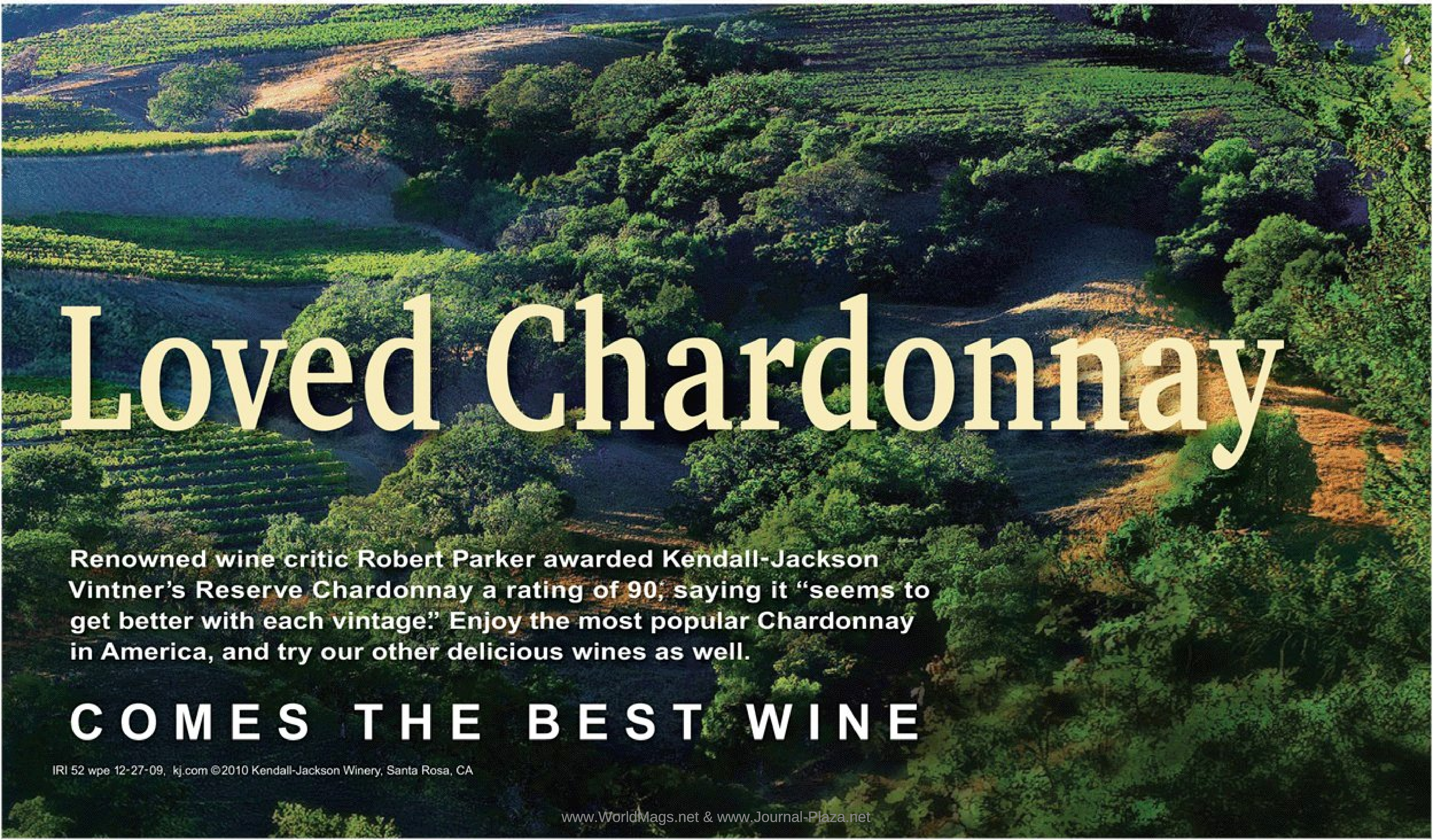
"Jarred giardiniera. We toss it with rice and olive oil for an instant Italian salad that goes well with grilled meat." —ALESSANDRA AND LUCAS GIORDANO

"I dress my greens with Sargento Salad Finisher Packs. The one with dried cranberries, pecans, and shredded asiago and mozzarella cheese is delicious." —LIZ DURST

"Billy Bee Honey Barbecue Seasoning gets rubbed onto everything because it adds zero calories and a ton of flavor." —MELISSA ZELIN

MAN ON THE STREET, NOAH SHELDON; SHOT ON LOCATION AT SUPER STOP & SHOP IN EAST NORTHPORT, NEW YORK.

[**COUPON USE ROSE 27% IN 2009**—the first time it's spiked since 1992!]



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Nonstick Skillets

They sear! They sauté! They make cleanup a cinch! Yep, you need one of these slick stars.

BY VIVIAN JAO | PHOTOGRAPHY BY LUCAS ZAREBINSKI

(1) FARBERWARE RESTAURANT PRO 12-INCH OPEN SKILLET
$30 *farberwarecookware.com*
UPSIDE Light enough to easily move pan around for flipping and sautéing food; nonslip silicone handle.
DOWNSIDE Nonstick coating at edges of pan get dinged easily.

(2) KITCHENAID GOURMET RESERVED HARD-ANODIZED 12-INCH SKILLET
$50 *potsandpans.com*
UPSIDE Good searing capability; heavy-gauge, hard-anodized aluminum conducts heat evenly; resists warping; light enough to easily move pan around for flipping and sautéing food.
DOWNSIDE Small cooking surface.

(3) RACHAEL RAY STAINLESS STEEL 12-INCH NONSTICK SKILLET
$50 *potsandpans.com*
UPSIDE Compatible with induction stoves; aluminum cap base for quick and even heating; comfy silicone-coated handle; dishwasher-safe.
DOWNSIDE Small cooking surface; some delicate foods, like fish, may stick.

(4) CALPHALON UNISON SLIDE NONSTICK 12-INCH OMELETTE PAN
$150 *bedbathandbeyond.com*
UPSIDE Excellent searing capability; heavy-gauge, hard-anodized aluminum conducts heat evenly; resists warping; large cooking surface; helper handle makes lifting easier; dishwasher-safe.
DOWNSIDE Expensive; heavy.

(5) CUISINART GREENGOURMET HARD ANODIZED 12-INCH SKILLET
$70 *cuisinart.com*
UPSIDE Environmentally friendly, nonchemical (no petroleum, PTFE or PFOA), ceramic-based nonstick interior; hard-anodized aluminum conducts heat evenly; resists warping; helper handle makes lifting easier.
DOWNSIDE If oil and food spillage cook onto pan exterior, it's difficult to clean.

TURN FOR THE RECIPE

web

Picked out your skillet?
Find our top recipes for nonstick pans at rachaelraymag.com/may.

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Ragú® No Boiling Lasagna

12 servings
Prep time: 15 minutes
Cook time: 70 minutes

- 2 containers (15 oz. ea.) ricotta cheese
- 2 cups shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 2 eggs
- 1 jar (2 lb. 13 oz.) Ragú® Old World Style® Pasta Sauce
- 12 uncooked lasagna noodles

1. Combine ricotta, 1 cup mozzarella, 1/4 cup Parmesan and eggs.
2. Spread 1 cup Sauce in 13 x 9-inch baking dish. Layer 4 uncooked noodles, 1 cup Sauce and 1/2 ricotta mixture; repeat. Top with remaining noodles and Sauce.
3. Bake covered at 375° for 1 hour. Uncover; sprinkle with remaining cheeses. Bake 10 minutes.

Feed our kids well.™

USE YOUR SKILLET TO make this

Macadamia-and-Panko-Crusted Cod with Orange-Butter Sauce

SERVES 4 **PREP** 15 MIN **COOK** 35 MIN

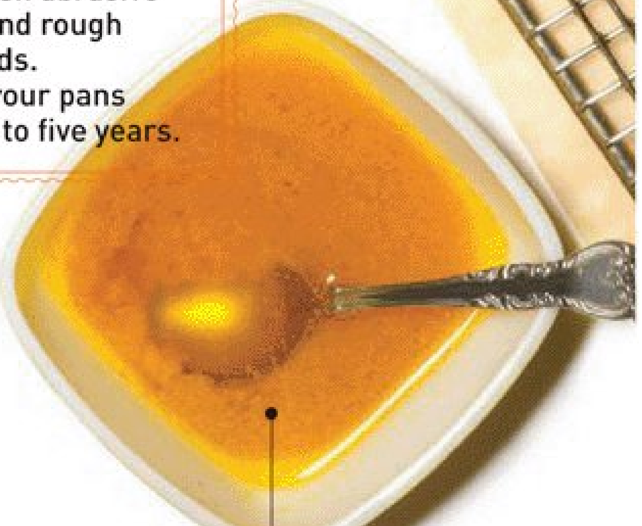
- ½ cup pulp-free orange juice
- ¼ cup dry white wine
- 1 small shallot, finely chopped
- 10 tablespoons unsalted butter
- Salt and pepper
- 1 cup roasted macadamia nuts, chopped
- ¾ cup panko
- 2 eggs, beaten
- Four 4-ounce cod fillets, patted dry
- ¼ cup vegetable oil

1. In a saucepan, bring the orange juice, wine and shallot to a boil over medium-high heat. Cook until reduced, 10 to 12 minutes. Lower the heat and whisk in 6 tablespoons butter, 1 tablespoon at a time; season with salt and pepper.
2. Using a food processor, pulse the macadamia nuts with ¼ cup panko until coarsely chopped. Transfer to a wide, shallow bowl and stir in the remaining ½ cup panko. Put the beaten eggs in a separate wide, shallow bowl. Season the fish with salt and pepper, dip in the egg and coat with the panko mixture.
3. In a large nonstick skillet, heat 2 tablespoons butter and 2 tablespoons oil over medium-high heat until the butter is melted. Add 2 fillets and cook, turning once, until golden-brown, about 8 minutes. Repeat with the remaining butter, oil and fillets. Divide the fish among 4 plates and drizzle with the sauce.

FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY CINDY DIPRIMA.

nonstick skillet care 101

- Use wood, plastic or coated utensils.
- Cook over low or medium heat only—no high heat—and never heat while empty.
- Don't exceed the oven-temperature rating recommended by the company (usually in the range of 400° to 500°).
- Avoid harsh abrasive cleansers and rough cleaning pads.
- Replace your pans every three to five years.



tip Don't have wine on hand? Bump up the orange juice to ¾ cup or substitute lemon juice instead.

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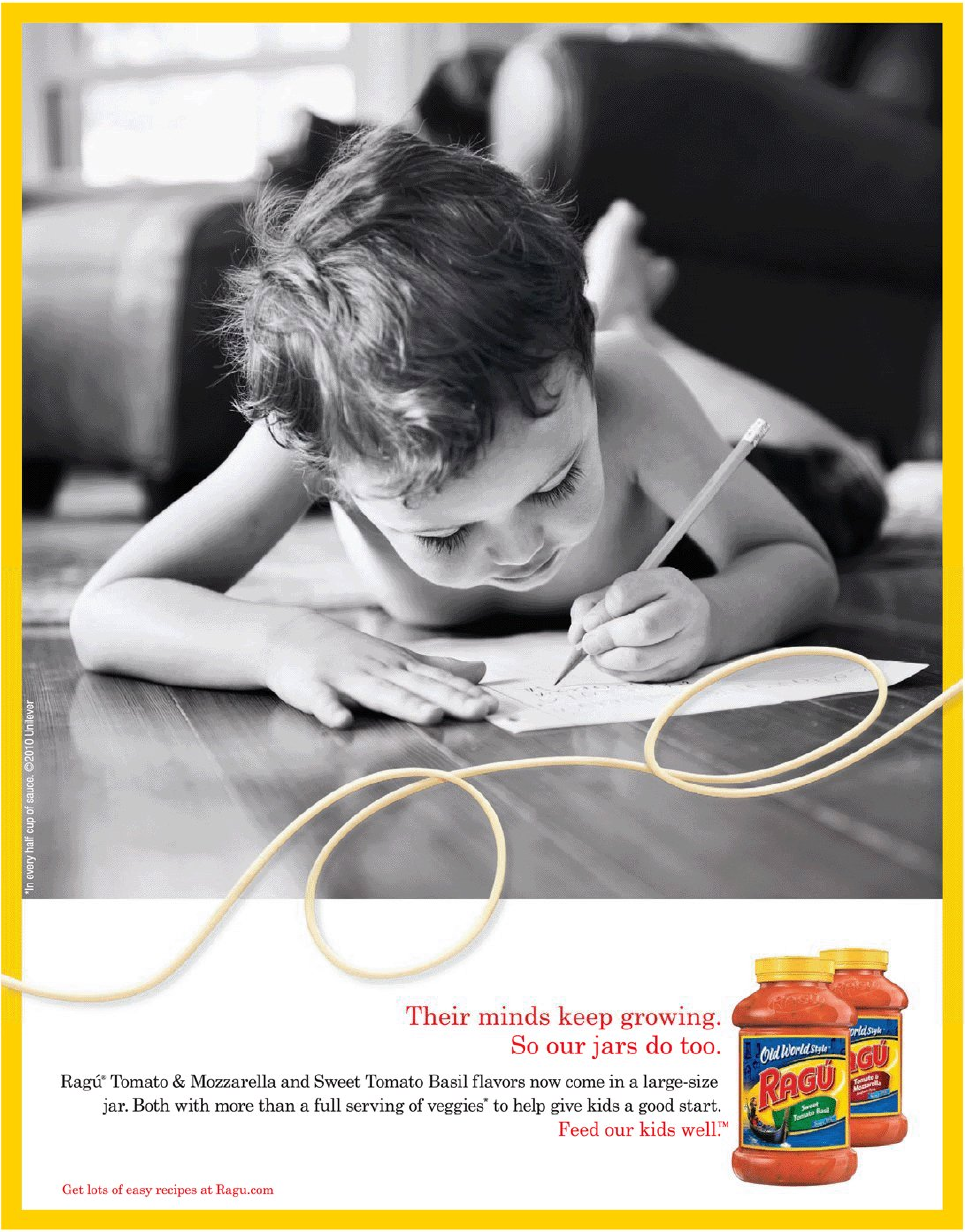

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before
AMOUNT PER SERVING
Calories **179**
Fat **5g**
Saturated Fat **3g**
Protein **4g**

after
AMOUNT PER SERVING
Calories **135**
Fat **1g**
Saturated Fat **0g**
Protein **5g**

Recipe Makeover

We cut this familiar cold soup down to size.

BY **TRACEY SEAMAN** | PHOTOGRAPH BY **CON POULOS**

change is good

Use more leeks than potatoes. Leeks, part of the onion family, have been shown to lower "bad" cholesterol levels while raising "good" levels.

Thicken the soup with pureed zucchini—they add body, but few calories.

Cut fat grams by using yogurt as a garnish instead of stirring in sour cream.

Potato-Leek Soup

SERVES 4
PREP 15 MIN (PLUS CHILLING)
COOK 30 MIN

1 pound yellow-fleshed potatoes, such as yukon gold, cut into ½-inch pieces
5 leeks, white parts only, chopped
½ pound zucchini, sliced
Salt
½ cup 2 percent greek-style yogurt
2 tablespoons chopped chives

1. In a large saucepan, bring 5 cups water, the potatoes, leeks, zucchini and 2 teaspoons salt to a boil. Lower the heat and simmer until the vegetables are tender, about 30 minutes. Let cool slightly.
2. Using a blender and working in batches, puree the soup. Refrigerate until chilled. Serve with a dollop of yogurt and a sprinkle of chives.

web **We've lightened up more recipes** at rachaelraymag.com/may.

FOOD STYLING BY STEPHANA BOTTOM; PROP STYLING BY MARINA MALCHIN.

myth of the month **You can only get omega-3s from fish.** **THE REAL DEAL** Fish are a good source of omega-3s—which originate in plants—but not the only source: Carnivores can find omega-3s in grass-fed beef, and vegetarians can get them from legumes, flax oil and leafy greens.

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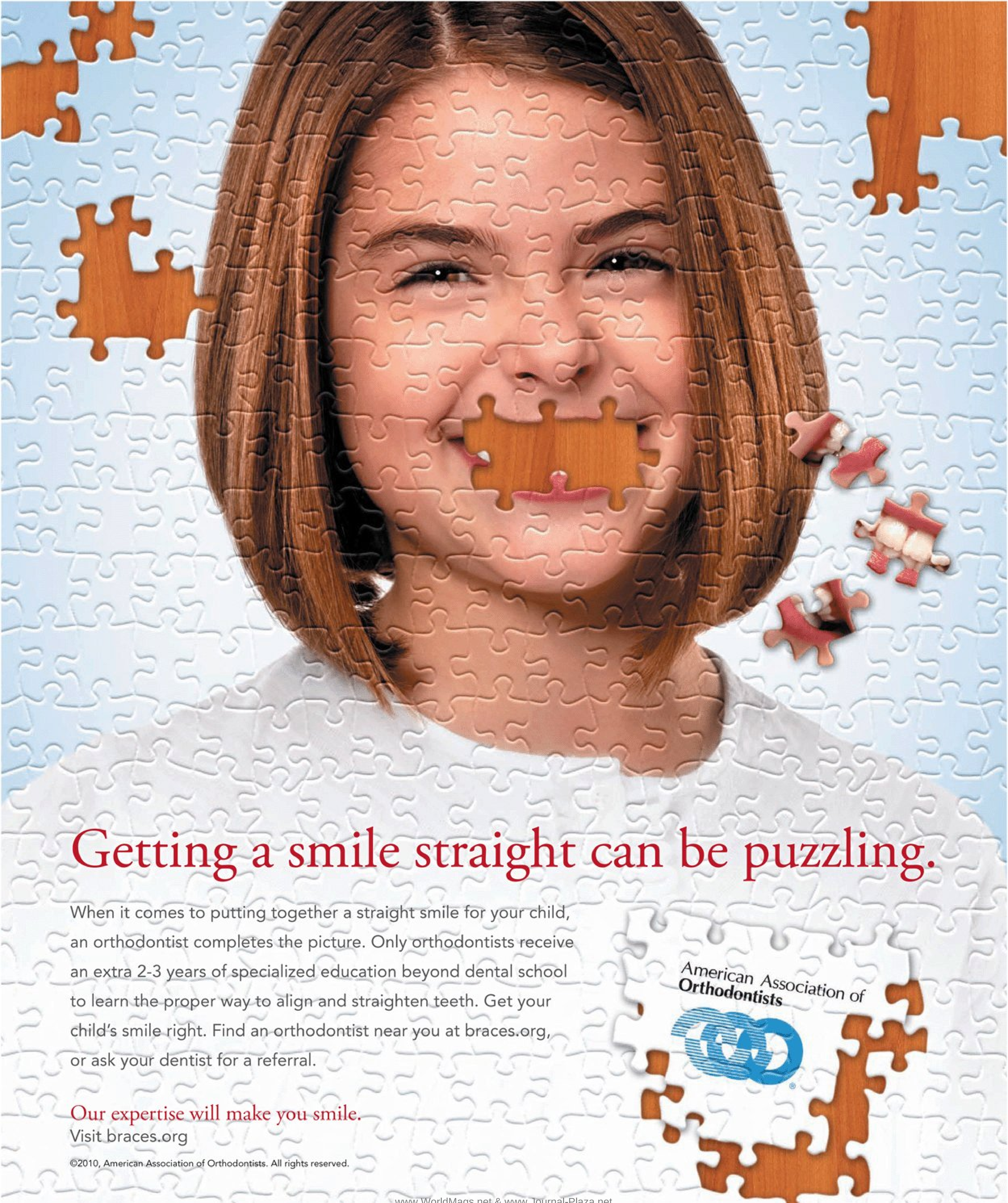

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Old School...New School

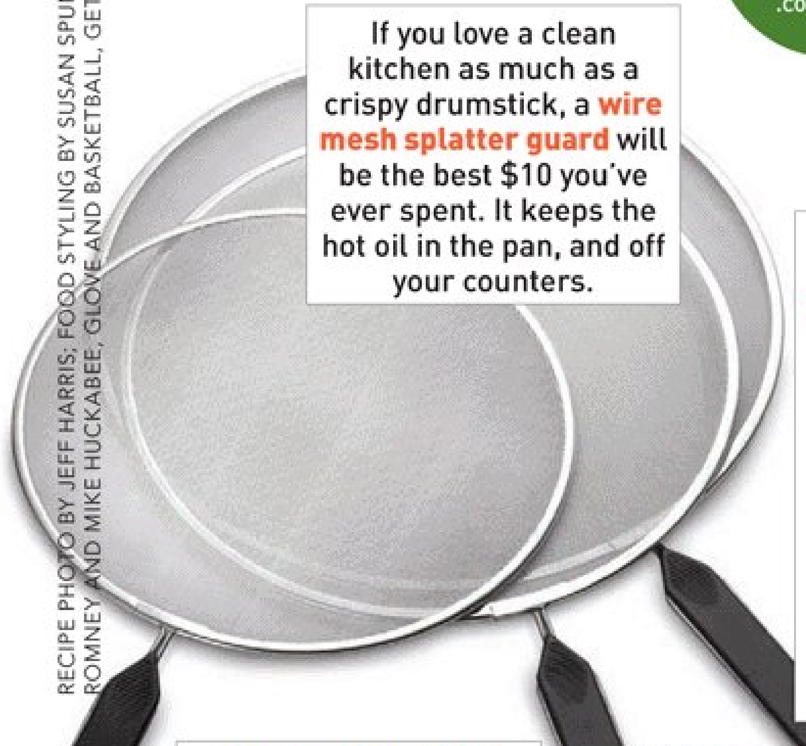
Classic dishes aren't born—they're made, time and time again. This month, we celebrate how fried chicken has touched our taste buds, and our lives.

BY **JENNY BAILLY**

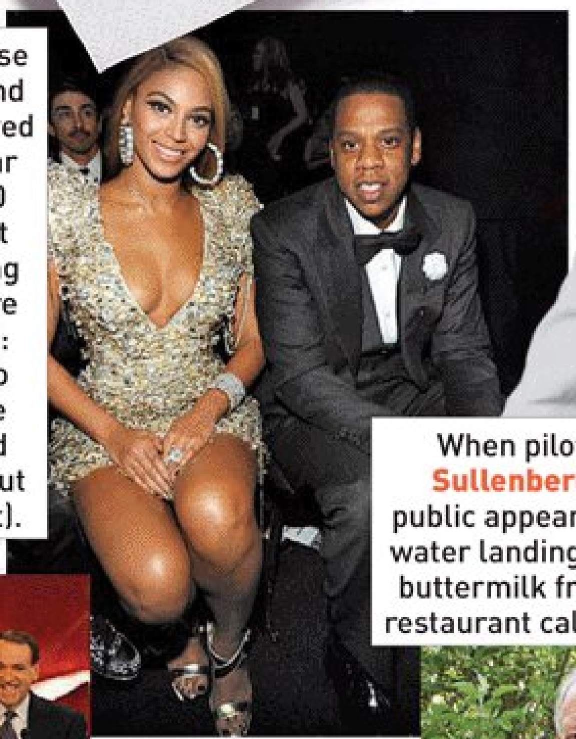
READER'S STORY
Lifelong Mississippian **Gerry Mims** and his family have eaten a lot of fried chicken. But surprisingly, he didn't have a recipe his family could call its own. At least until recently, when his son Ben created this Worcestershire-spiked version, inspired by Gerry's fried venison recipe. "It has a great kick to it," says Gerry, who expects to serve it for many years to come.

WANT GERRY'S RECIPE? Visit rachaelraymag.com/may.

RACH'S STORY
"Chicken cutlets were a staple of my young life, but I don't think I made a deep-fried chicken until this past year, when I wrote a spicy curry fried chicken recipe. My husband has since become such a huge fan that I have written six different fried chicken recipes in the last six months, including my latest: fried chicken sliders." **Tune in for Rach's new-school twist on fried chicken on the *Rachael Ray* show.** (Check your local listings.) And why not let Rachael make over *your* dish? Visit rachaelraymag.com/may to see how.

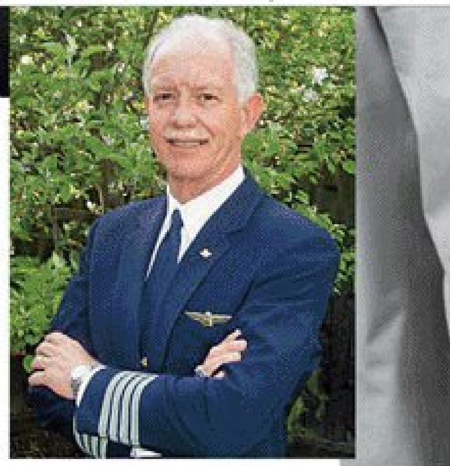


If you love a clean kitchen as much as a crispy drumstick, a **wire mesh splatter guard** will be the best $10 you've ever spent. It keeps the hot oil in the pan, and off your counters.

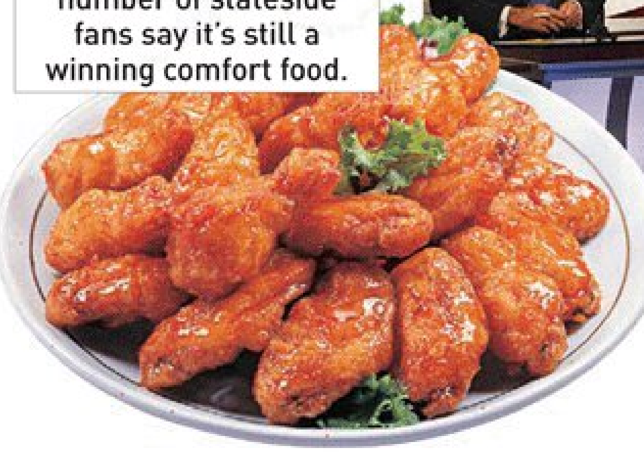


It's no surprise that **Jay-Z** and **Beyoncé** served beluga caviar (about $150 an ounce) at their wedding in 2008. More unexpected: They're also said to have served fried chicken (about $10 a bucket).

In 1957, Kentucky Fried Chicken first packed its chicken in buckets. When KFC founder **Colonel Harland Sanders** passed away in 1980, flags on all Kentucky state buildings flew at half-staff for four days.



When pilot **Chesley "Sully" Sullenberger** made his first public appearance after his heroic water landing in 2009, he dined on buttermilk fried chicken at a D.C. restaurant called (no joke) Hudson.



Korean-style fried chicken is batterless and more likely to be paired with pickled radishes than mashed potatoes—but a growing number of stateside fans say it's still a winning comfort food.

After 2008 Republican presidential hopeful **Mitt Romney** was spotted pulling the skin off of his fried chicken, opponent **Mike Huckabee** predicted that *he'd* win all the Southern states, since "[they] understand that the best part of fried chicken is the skin." (Huckabee indeed won the Republican primaries in Alabama, Arkansas, Georgia and Tennessee.)

During **Magic Johnson**'s first visit to **Michael Jackson**'s estate almost 20 years ago, the two icons shared a bucket of fried chicken...on the floor. Johnson called it "the best moment of my life."

RECIPE PHOTO BY JEFF HARRIS; FOOD STYLING BY SUSAN SPUNGEN; PROP STYLING BY JULIE FLYNN. THE *RACHAEL RAY* SHOW, DAVID M. RUSSELL; JAY-Z AND BEYONCÉ, MITT ROMNEY AND MIKE HUCKABEE, GLOVE AND BASKETBALL, GETTY IMAGES; SULLENBERGER, AP WIDEWORLD PHOTOS; KOREAN FRIED CHICKEN, COURTESY OF BONCHON.

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Arnold Sandwich Thins®	Calories	Fiber	Fat
	100	5g	1g

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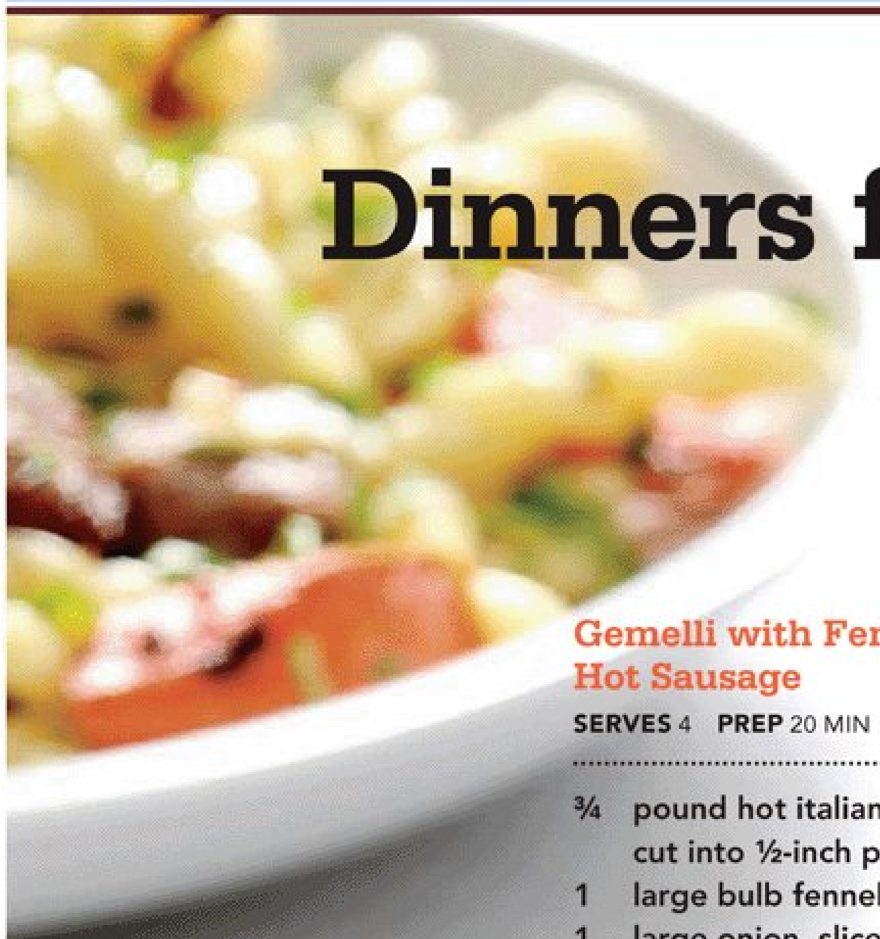

Dinners for 10 Bucks (or Less)

BY PAM ABRAMS

Gemelli with Fennel and Hot Sausage

SERVES 4 **PREP** 20 MIN **COOK** 30 MIN

- ¾ pound hot italian sausage links, cut into ½-inch pieces
- 1 large bulb fennel, cut into strips
- 1 large onion, sliced
- 3 carrots, sliced on an angle
- 2 tablespoons extra-virgin olive oil
- Salt and pepper
- 1 pound gemelli pasta
- ¼ cup chopped flat-leaf parsley

1. Preheat the oven to 425°. On a baking sheet, toss the sausage, fennel, onion and carrots with the olive oil; season with salt and pepper. Cook until the vegetables are tender, about 30 minutes.
2. Meanwhile, in a large pot of boiling, salted water, cook the pasta until al dente; drain, reserving ⅓ cup of the pasta cooking water. Transfer the pasta to a large bowl.
3. Add the sausage-vegetable mixture to the pasta. Add the reserved pasta cooking water to the baking sheet, scraping up any browned bits; transfer to the pasta mixture. Toss in the parsley; season with salt and pepper.

THE RECEIPT

Hot italian sausage links	$2.99
Fennel	$2.29
Onion	$0.99
Carrots	$0.54
Extra-virgin olive oil	$0.31
Gemelli pasta	$1.79
Flat-leaf parsley	$0.11

TOTAL: $9.02

Salt and pepper are freebies.

$2.26 per person

PHOTOGRAPHY BY DAN ROBERTS; FOOD STYLING BY SARAH THOMPSON; SET STYLING BY MELISSA HABERMAN.

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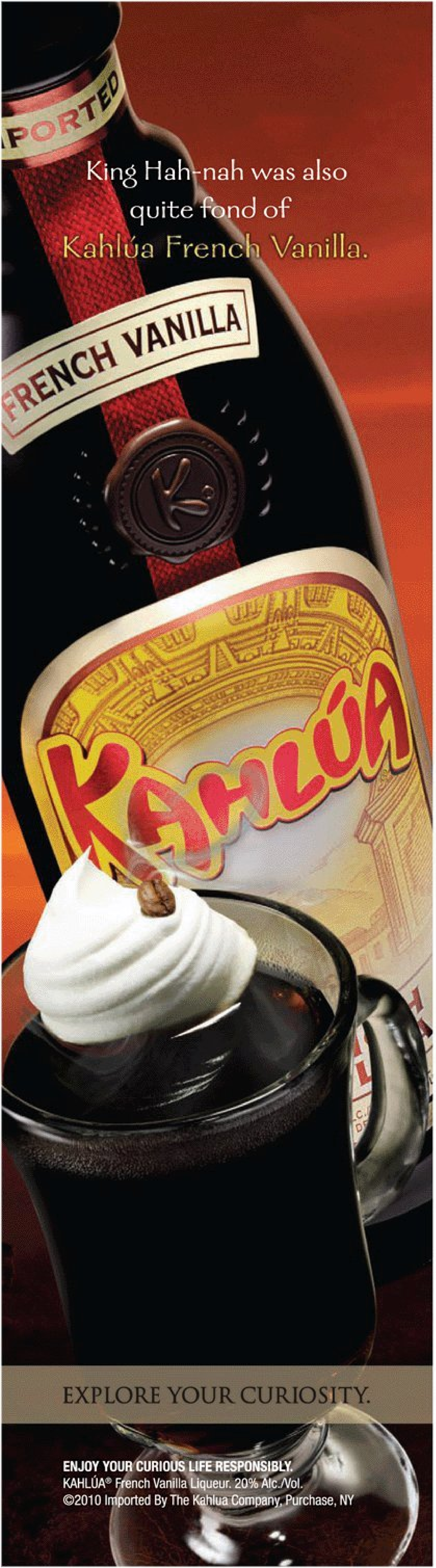

$2.40 per person

THE RECEIPT

Extra-virgin olive oil	$0.31
Garlic	$0.18
Israeli couscous	$2.64
Vegetable broth	$1.09
Golden raisins	$0.77
Swiss chard	$1.99
Chickpeas	$1.29
Feta cheese	$1.32

TOTAL: $9.59

Salt and pepper are freebies.

Couscous with Swiss Chard, Raisins and Feta

SERVES 4 **PREP** 15 MIN **COOK** 15 MIN

- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic, chopped
- 1¼ cups israeli couscous
- One 14-ounce can vegetable broth
- ⅔ cup golden raisins
- Salt and pepper
- 1 bunch swiss chard, stems and leaves chopped separately
- One 15-ounce can chickpeas, rinsed
- 2 ounces crumbled feta cheese

1. In a saucepan, heat 1 tablespoon olive oil over medium heat. Add half of the garlic and the couscous and cook, stirring, for 3 minutes. Add the vegetable broth; bring to a boil. Cover, lower the heat and simmer until the broth has been absorbed, about 10 minutes. Stir in the raisins; season with salt.

2. Meanwhile, in a skillet, heat the remaining 1 tablespoon olive oil over medium heat. Add the remaining garlic and the swiss chard stems and cook, stirring occasionally, for 5 minutes. Add the swiss chard leaves, chickpeas and ½ cup water, cover and cook, turning, until the chard is wilted, 2 to 3 minutes; season with salt and pepper. Serve on the couscous and top with the feta.

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Baked Eggs on Cheesy Caramelized Onions

SERVES 4 **PREP** 35 MIN **BAKE** 20 MIN

- 2 tablespoons vegetable oil
- 3 large leeks (about 2 pounds)—dark green stalks discarded, halved lengthwise and cut crosswise ½ inch thick
- 1½ pounds onions, chopped
- Salt and pepper
- 4 slices country white bread, crusts discarded, toasted
- 3 ounces swiss cheese, shredded
- 8 eggs

1. Preheat the oven to 350°. Grease a 3-quart oval baking dish. In a large, heavy pot or dutch oven, heat the oil over medium heat. Add the leeks, onions and ½ teaspoon salt, cover and cook, stirring occasionally, for 10 minutes. Increase the heat to medium-high, uncover and cook, stirring frequently, until the vegetables are softened and browned, about 8 minutes; season with salt and pepper.

2. Line the bottom of the prepared baking dish with the toast and sprinkle with half of the cheese. Top with the onion mixture. Using the back of a spoon, make 8 deep wells in the onion mixture. Working 1 at a time, crack the eggs into a small bowl and pour them into the wells. Top with the remaining cheese; season with pepper.

3. Bake until the egg whites are set but still jiggly, about 20 minutes. Transfer the pan to the broiler and cook until the eggs are just set, 1 to 2 minutes.

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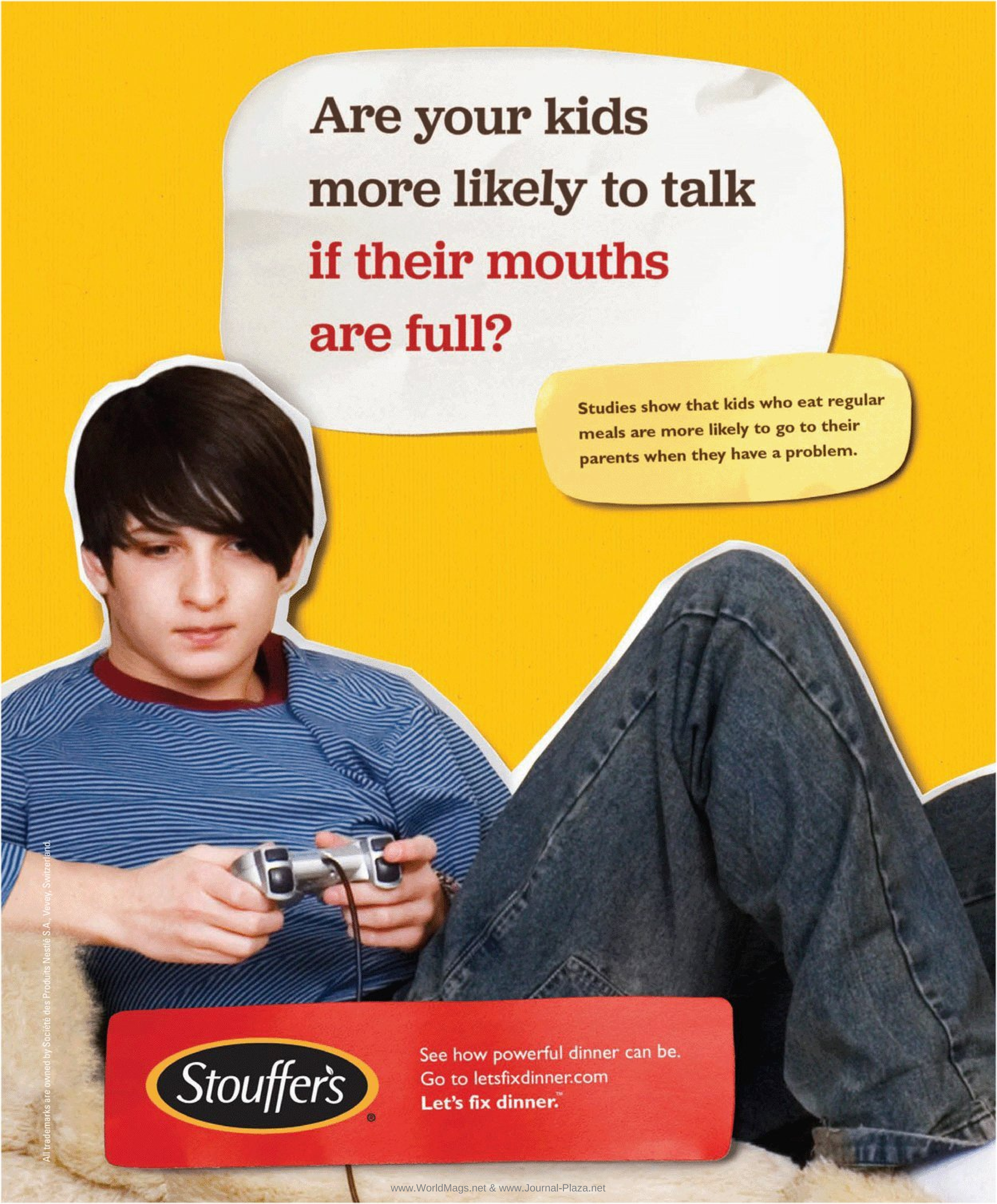

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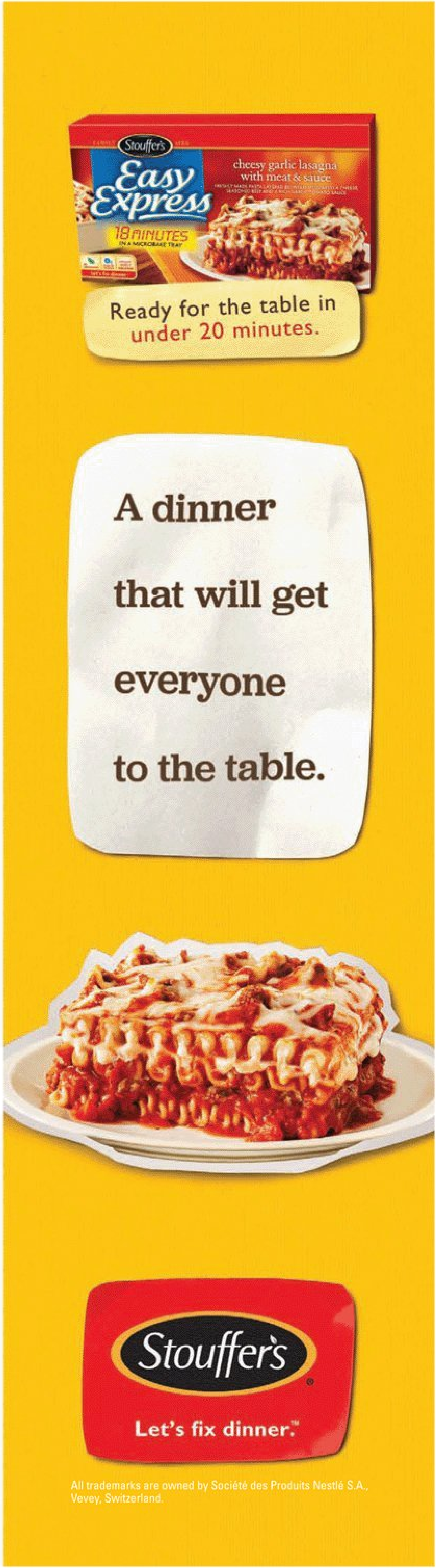
Spicy Steak Salad with Mint

SERVES 4 **PREP** 20 MIN **COOK** 10 MIN

- 10 ounces sirloin steak
- 2 tablespoons oyster sauce
- Salt and pepper
- 1 large cucumber, peeled
- Juice of 1 lime
- 1 tablespoon soy sauce
- 1 jalapeño chile, finely chopped
- ½ red onion, thinly sliced
- 8 ounces mung bean sprouts (about 3½ cups)
- ⅓ cup finely chopped fresh mint

1. Preheat the broiler. On a broiler pan, brush the steak on both sides with the oyster sauce and season with salt and pepper. Cook, turning once, for 10 minutes for medium-rare. Let rest for a few minutes, then thinly slice, reserving any juices.
2. Meanwhile, using a vegetable peeler, cut the cucumber into thin "noodles," rotating to avoid the seeds; discard the seeds.
3. In a medium bowl, whisk together the lime juice, soy sauce and jalapeño. Add the cucumber, onion, bean sprouts and mint; toss to coat. Season with salt and pepper. Serve the salad topped with the steak and reserved juices.



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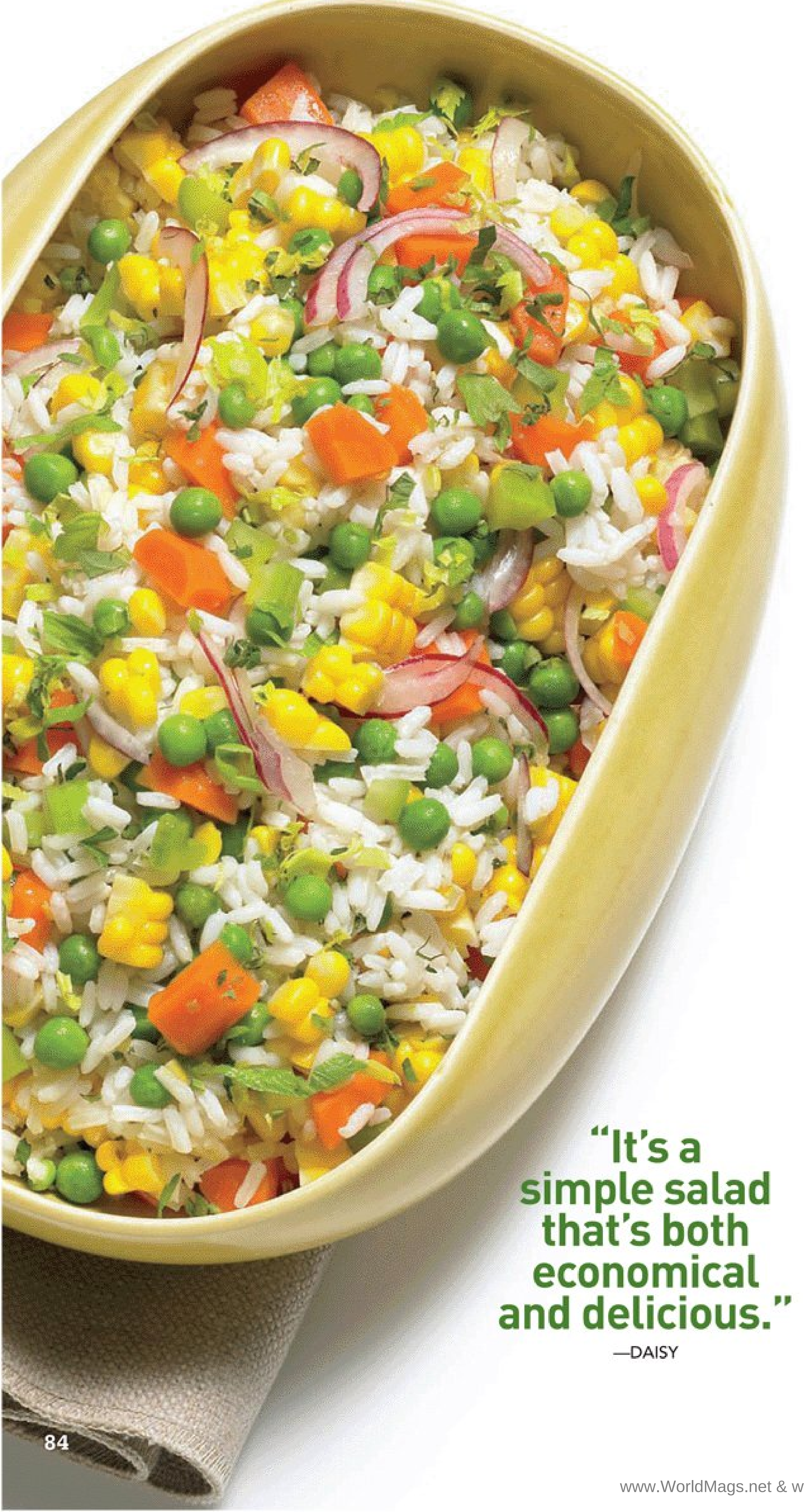
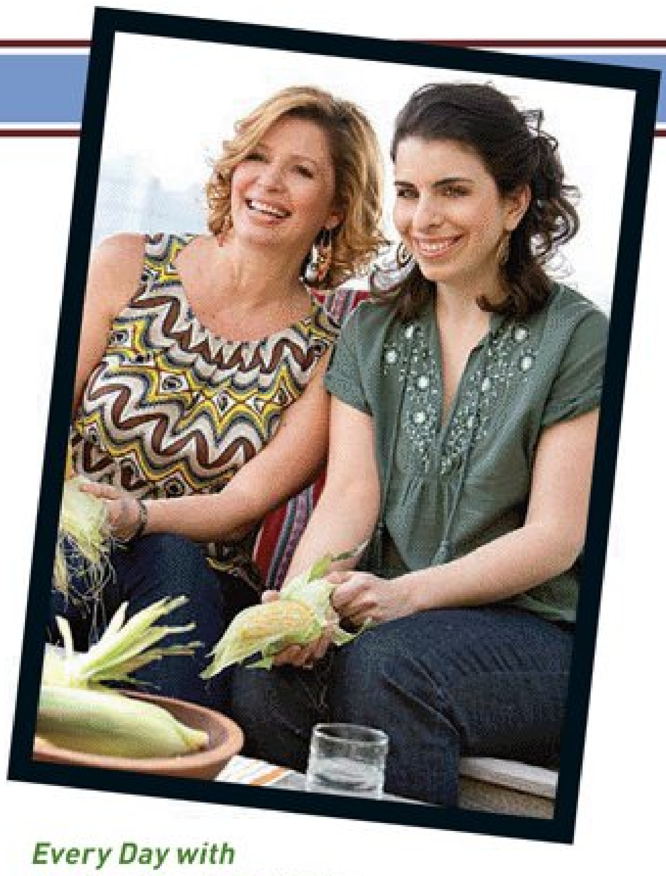
Side Kick

Clean out your veggie drawer and have the kids clamoring for their greens. Rach's pal **Daisy Martinez** shows you how.





Every Day with Rachael Ray's Christina Stanley-Salerno (right) dishes with Daisy.

behind the recipe

Christina: This salad looks like confetti, with all the flecks of colored vegetables!
Daisy: Yes, I discovered it when visiting friends in Argentina over Christmas, which is during their summer months. I was at this wonderful outdoor barbecue and this was one of the dishes served. It's a "clean out your vegetable drawer" dish—you can use up all of those leftover bits, like half an onion, half a pepper or two stalks of celery. Chop them up and toss with a little dressing.

C: Why do you cook each veggie separately?
D: They all have different cooking times. Plus, that way, you can dress them differently. Dress one with a bit of vinegar and thyme, then use olive oil and lemon for another.

C: Seems like this would be perfect for the park or to pack in a school lunchbox.
D: My daughter, Angela, takes this for lunch, and it's great cold or at room temperature. Make it the night before—the flavor will be even better if you let it sit overnight. You can also personalize it: Add in flavored oils and vinegars or any citrus juice, and try different types of vegetables. Open up your pantry and refrigerator to see what you need to use up. You know what else would be lovely? Shredded radicchio! It's like a party on a plate.

"It's a simple salad that's both economical and delicious."
—DAISY

Argentine Rice-Veggie Salad

SERVES 4 **PREP** 20 MIN **COOK** 20 MIN

- ½ cup white rice
- Salt and pepper
- 1 carrot, cut into ¼-inch cubes
- ¼ cup extra-virgin olive oil
- 2 teaspoons red wine vinegar
- ½ teaspoon dried oregano
- 1 ear corn, kernels scraped off
- 1 cup frozen peas
- 2 stalks celery, cut into ¼-inch cubes, plus 2 tablespoons chopped celery leaves
- 1 small red onion, thinly sliced

1. In a small saucepan, bring the rice, 1 cup water and ¼ teaspoon salt to a boil. Lower the heat, cover and simmer until the water is absorbed, about 17 minutes. Fluff with a fork and let cool.

2. Meanwhile, fill another saucepan with salted water. Add the carrot, bring to a boil and cook for 2 minutes. Using a slotted spoon, transfer to a bowl; toss with 2 tablespoons olive oil, the vinegar and oregano. Season with salt and pepper.

3. In the same saucepan, blanch the corn in the boiling water for 3 minutes; transfer to the bowl with the carrot. Add the peas to the boiling water and cook for 1 minute. Transfer to the bowl.

4. Add the rice, cubed celery, chopped celery leaves and onion to the bowl, season with salt and pepper, drizzle with the remaining 2 tablespoons olive oil and toss.

RECIPE PHOTO BY KANG KIM; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY TIZIANA AGNELLO. PORTRAIT BY STEPHEN SCOTT GROSS; PROP STYLING BY VICKI PETRO CONROY; MAKEUP BY BRIGITTE PHILIPPEDES; HAIR BY VIOLETTE TONUZI; WARDROBE BY CATE SHEEHY.

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If you can draw a map to every bathroom in town…

Today

is the day to talk to your doctor about overactive bladder and TOVIAZ® – a pill that comes with a plan.

With Toviaz® (fesoterodine fumarate) and the plan, you're helping manage your overactive bladder (OAB) symptoms in two ways:

- with a pill created to help reduce symptoms all day and all night.*
- and a plan that offers you practical tips, tools and resources to help you take an active role in your treatment.

Visit Toviaz.com or call 1-877-TOVIAZ-9

The plan focuses on four core areas:

- **food & drink** make more informed choices
- **teach your bladder** train your bladder to "wait"
- **daily Toviaz®** always take as directed
- **keep track** share with your doctor

*Results may vary.

Toviaz® treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often).

Important Safety Information

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz. Medicines like Toviaz can cause blurred vision, drowsiness, and decreased sweating. Use caution when driving, doing unsafe tasks, or in especially hot environments, until you know how Toviaz affects you. Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness. The most common side effects are dry mouth and constipation. Toviaz has benefits and risks. There may be other options.

You're encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Toviaz®
fesoterodine fumarate
extended release tablets 4mg and 8mg

Pfizer *Please see Important Product Information on back.*

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IMPORTANT FACTS

Toviaz® fesoterodine fumarate
extended release tablets 4mg and 8mg

(TOH-vee-as)

ABOUT OVERACTIVE BLADDER

Overactive bladder happens when the bladder muscle squeezes too often or when you don't want it to. You may have wetting accidents (urge urinary incontinence). You may have a strong need to urinate right away (urgency). You may also have to go too often (frequency).

WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

Adults 18 years and older with symptoms of overactive bladder. TOVIAZ has not been studied in children.

Who should not take TOVIAZ?

Do not take TOVIAZ if you:
- Are not able to empty your bladder (urinary retention).
- Your stomach empties slowly (gastric retention).
- Have an eye problem called "uncontrolled narrow-angle glaucoma."
- Are allergic to TOVIAZ or any of its ingredients.

BEFORE YOU START TOVIAZ

Tell your doctor about all your medical conditions, including:
- Stomach or intestinal problems or problems with constipation.
- Problems emptying your bladder or if you have a weak urine stream.
- Treatment for an eye problem called narrow-angle glaucoma.
- Kidney problems.
- Liver problems.
- A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant. It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

POSSIBLE SIDE EFFECTS OF TOVIAZ

The most common side effects are:
- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:
- Dry eyes
- Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ. For a complete list, ask your doctor or pharmacist.

HOW TO TAKE TOVIAZ

- Take TOVIAZ exactly as your doctor tells you.
- Your doctor may give you the lower 4 mg dose of TOVIAZ if you have certain medical conditions, such as severe kidney problems.
- Take TOVIAZ with liquid and swallow the tablet whole. Do not chew, divide or crush the tablet.
- You can take TOVIAZ with or without food.
- If you miss a dose of TOVIAZ, begin taking TOVIAZ again the next day. Do not take two doses of TOVIAZ in the same day.

Things you should keep in mind when taking TOVIAZ:
- Use caution in driving, operating machinery, or doing other dangerous activities until you know how TOVIAZ affects you. Blurred vision and drowsiness are possible side effects of medicines such as TOVIAZ.
- Use caution in hot environments. Decreased sweating and severe heat illness can occur when medicines such as TOVIAZ are used in a hot environment.
- Drinking alcohol while taking medicines such as TOVIAZ may cause increased drowsiness.

What is TOVIAZ?

TOVIAZ is a prescription medicine used in **adults** to treat symptoms of a condition called **overactive bladder**, including:
- Urge urinary incontinence—leaking or wetting accidents due to a strong need to urinate.
- Urinary urgency—having a strong need to urinate right away.
- Urinary frequency—having to urinate too often.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information.
- Go to www.Toviaz.com.
- Call **1-877-9-TOVIAZ.**

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secrets of competitive cooks

BY JAMES OLIVER CURY
PHOTOGRAPHY BY JEFF HARRIS

Cook-off winners are a passionate bunch: Their minds are on food even when their bodies are far from the stove. So we picked those brains for tips and challenged them to dares of our own. And let's just say **these award winners didn't disappoint**. They had plenty to share about their "beats" (be it beef or baking), but they also offered up ideas that can be applied to all sorts of everyday dishes. **Heed their tips, try their recipes**, and you'll be cooking at competition level...even if you never leave your kitchen.

FOOD STYLING BY SUSAN SPUNGEN; PROP STYLING BY JULIE FLYNN.

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Christine Ricciteli

Danville, California

WINNER: Grand Prize in the 27th National Beef Cook-Off.

COLLECTED: More than $100,000 over the years, including $50,000 for her Nuevo Chipotle Beef in Butternut Squash Boats in 2007.

Steak with Red Wine Sauce

SERVES 4 **PREP** 15 MIN **COOK** 55 MIN

- ¼ cup extra-virgin olive oil
- 3 shallots, finely chopped
- 3½ cups beef broth
- 1 cup barley
- 1 ounce dried porcini mushrooms
- 2 teaspoons chopped fresh rosemary, plus sprigs for garnish
- Salt and pepper
- ¼ cup flour
- Three 8-ounce sirloin steaks (about ½ inch thick)
- 1 cup red wine
- 4 cups packed baby spinach
- ¼ cup grated parmesan cheese

1. In a saucepan, heat 1 tablespoon olive oil over medium-high heat. Add a third of the shallots and cook until softened, about 3 minutes. Add the beef broth, barley, dried mushrooms, chopped rosemary and ½ teaspoon pepper. Bring to a boil, lower the heat, cover and simmer until the barley is tender and the liquid is absorbed, about 50 minutes.

2. Meanwhile, on a plate, season the flour with ½ teaspoon each salt and pepper. Working in 2 batches, in a large, heavy skillet, heat the remaining 3 tablespoons olive oil over medium-high heat. Coat the steaks in the seasoned flour, shaking off any excess, and add to the skillet. Cook, turning once, until browned, 3 to 4 minutes. Transfer to a plate and tent with foil to keep warm.

3. Add the remaining shallots to the pan and cook, stirring frequently, until softened. Add the wine and ½ teaspoon each salt and pepper and bring to a boil, scraping up the browned bits. Cook until reduced by half, about 5 minutes. Lower the heat to medium-low, add the steaks and any juices and cook, turning once, for 3 minutes for medium.

4. Meanwhile, stir the spinach and parmesan into the barley mixture until the spinach wilts.

5. Slice the steak and serve over the barley pilaf. Top with the sauce and rosemary sprigs.

CHRISTINE'S secrets

BUY CHEAP

But pick the right kind of beef. Try sirloin steak or beef chuck cross rib steak (also called english roast). "It's in the chuck family but it's closer on the animal to the rib eye," she says.

REACH FOR THE SALT

Christine, who grew up on a farm in Ohio, has been brining beef since she was a little girl: "Take the top round or chuck, heavily coat it with kosher salt and let sit for at least 90 minutes. The salt will start to break down the toughness of the meat. Rinse the salt off, pat it dry, season it with pepper and garlic, and grill or pan-fry it."

GO SLOW AND LOW

Another way to soften tougher meats is by braising. "Mom would buy a roast," Christine recalls, "and put it in the oven with cream of mushroom soup; if you cook it all day it falls apart. Stew meat takes hours to cook, but you can use it in everything from stews to sandwiches."

BE SEASONED

Two go-to ingredients for meat lovers: basil and cumin. "Cumin for Indian and Mexican flavors," she explains, "and basil for Italian—it adds sweetness. Besides salt, pepper and garlic, those are what I use most."

OUR DARE: Turn a cheap cut of beef into a **luxurious main course**.

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Michael Cohen

Los Angeles

WINNER: Took second place in the 2009 Great Gilroy Garlic Festival Recipe Contest and Cook-Off—he was a finalist in 2008 as well. He also placed in many other competitions, including the *Southern Living* Cook-Off. **COLLECTED:** $50,000 in three years.

OUR DARE: Make three garlicky hors d'oeuvres using five ingredients or fewer.*

**Salt, pepper and olive oil are freebies.*

Sausage-Stuffed Mushrooms

MAKES 24 **PREP** 20 MIN **COOK** 30 MIN

- 1½ tablespoons extra-virgin olive oil
- 24 cremini mushrooms (about 1 pound), stems finely chopped and caps reserved
- Salt and pepper
- 6 ounces sweet italian bulk sausage
- 5 cloves garlic, finely chopped
- 2 ounces shredded fontina cheese
- ¾ cup finely chopped arugula

1. Preheat the oven to 375°. In a large skillet, heat the olive oil over medium-high heat. Add the chopped mushroom stems and cook until softened, 5 to 7 minutes; season with salt. Add the sausage and garlic, breaking up the meat, and cook until no longer pink, about 5 minutes.

2. Transfer the mixture to a bowl. Add three-quarters of the cheese and arugula; season with salt and pepper. Divide the mixture among the mushroom caps and place on a baking sheet. Sprinkle with the remaining cheese and bake until the caps are softened, 12 to 14 minutes. Top with the remaining arugula.

Red Pepper-Feta Dip

MAKES 1 CUP **PREP** 10 MIN **BAKE** 15 MIN

- 4 pita breads, split and cut into eighths
- 2 jarred roasted red peppers, drained and chopped
- 6 ounces feta cheese
- 2 large cloves garlic, chopped
- ⅛ teaspoon cayenne pepper

1. Preheat the oven to 375°. Place the pitas on a baking sheet and bake, turning, until crisp, 15 minutes.

2. Meanwhile, using a food processor, puree the red peppers, three-quarters of the feta cheese, the garlic and cayenne. Top the dip with the remaining feta and serve with the toasted pitas.

Roasted Garlic-and-Pomegranate Canapés

MAKES 18 **PREP** 15 MIN **BAKE** 35 MIN

- 2 large heads garlic
- ⅔ cup pomegranate juice
- 3 tablespoons mayonnaise
- Salt and pepper
- 18 slices english cucumber
- 18 small mint leaves

1. Preheat the oven to 375°. Place the garlic heads on a baking sheet and bake until softened, about 35 minutes. Let cool slightly.

2. Meanwhile, in a saucepan, cook the pomegranate juice over medium heat until reduced to a thick syrup, about 20 minutes; transfer to a cup.

3. Slice off the tops of the heads of garlic and squeeze the roasted garlic from the cloves into a bowl; mash until smooth. Stir in the mayonnaise; season with salt and pepper.

4. Place a dollop of the garlic mayonnaise onto each cucumber slice, drizzle with the pomegranate syrup and garnish with mint.

MICHAEL'S secrets

BORROW IDEAS
Michael does exhaustive research before tackling new dishes. "I get cookbooks at the library and then look online," he explains. "Let's say I want to make up a new recipe for mac and cheese. I'll start by looking up 10 different mac and cheese recipes, then reference them for ingredient ideas and proportions—how much milk, how much butter? You add your own twist, so you're not stealing any of the actual recipes."

GO BIG OR GO HOME
"Most recipes call for one or two garlic cloves. I generally put in three to four times the recommended amount. I think some people underestimate the American palate. I never get a sense that there's too much garlic unless it's raw."

GIVE YOUR DISH A GREAT NAME
You want your food to look and sound delicious to your guests. "I try to get three or four of the main ingredients in the title," says Michael. "And then there are always the buzzwords like 'tuscan' and 'chipotle'—a lot of winning recipes have those words. Or try to evoke a mood with a regional name, like Appalachian Corn Stew."

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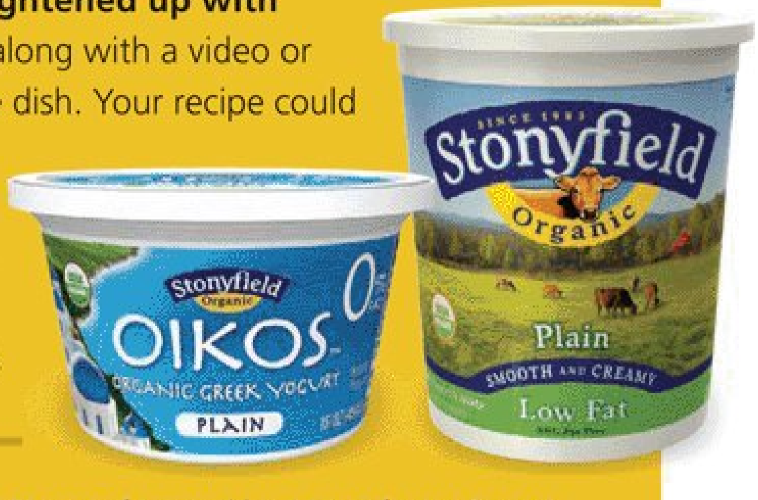
Share a recipe that you've lightened up with Stonyfield Organic Yogurt, along with a video or photo of yourself preparing the dish. Your recipe could be featured in a Stonyfield ad in the October issue of *Every Day with Rachael Ray,* and you could win a trip to New York City to star in an in-store video.



No purchase necessary to enter or win. Purchase will not improve your chances of winning. Contest open to legal U.S. residents 21 years of age or older at time of entry. Contest entry begins 12:00 AM Eastern Time (ET) March 16, 2010, and ends at 11:59 PM (ET) May 17, 2010. To enter and for official rules, visit chatandchew.RachaelRaymag.com. VOID WHERE PROHIBITED. Contest sponsored by the Reader's Digest Association, the publisher of *Every Day with Rachael Ray* Magazine.

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OUR DARE: Make a layer cake from scratch **in 30 minutes** or less.

Cynthia Bowser

Jonesborough, Tennessee

WINNER: Was a finalist in the ultracompetitive Pillsbury Bake-Off two years in a row (judges select 100 people out of tens of thousands of entries). Won Best of Show at her first competition at the Jonesborough Cookie Challenge—and again the next year.

COLLECTED: Cash and prizes worth more than $3,000 in two years.

CYNTHIA'S secrets

THINK AHEAD

Baking is more finicky than cooking. Read the entire recipe hours before go time so you're fully prepared. Many recipes call for periods of refrigeration or ingredients at room temperature.

LEARN FROM OTHERS

Cynthia looks at the latest cooking magazines, TV shows and Web sites to discover new flavor combinations. "I get inspiration from *Taste of Home*, those little Pillsbury booklets and, of course, this magazine!" she says.

USE ROOM-TEMPERATURE BUTTER

Great bakers know that the process of emulsifying butter and sugar essentially beats air bubbles into the mixture, which makes light and airy cakes. Butter holds these air bubbles best at room temp; you will not get these pockets of air if the butter is frozen solid or fully melted.

MEASURE UP

Cynthia, a full-time office manager, pays attention to the details. "You can't measure liquids in a dry measuring cup," she says. "Everything is precise." And keep a close watch. Many recipes will say, "Bake to a light golden-brown" or "dark golden-brown." These visual cues can trump baking times—ovens vary in the consistency and strength of their heat.

TIME IT RIGHT

Remove cookies from a sheet (or tartlets from a pan) after they've cooled slightly, but while they're still warm—2 to 3 minutes out of the oven. If you attempt this while the cookies are too hot, they'll break apart, and if you wait until they've completely cooled, they'll stick.

Lemon-Blueberry Layer Cake

SERVES 8 **PREP** 15 MIN **BAKE** 15 MIN

- 1¼ cups plus 1 tablespoon sugar
- 1 stick (8 ounces) unsalted butter, at room temperature
- ½ teaspoon pure vanilla extract
- 2 eggs
- ½ cups self-rising flour
- ½ cup whole milk
- 2 cups blueberries
- 8 ounces cream cheese, at room temperature
- ½ cup prepared lemon curd

1. Preheat the oven to 375°. Line the bottom of a 10-by-15-inch jelly-roll pan with parchment paper and grease the sides. Using an electric mixer, beat 1 cup sugar and the butter on medium speed until fluffy, about 5 minutes. Beat in the vanilla, then the eggs 1 at a time. Add the flour and milk alternately in 3 additions. Fold in 1 cup blueberries. Transfer to the prepared pan. Bake until a toothpick inserted into the center comes out clean, 15 minutes.

2. Meanwhile, in a bowl, combine the cream cheese and ¼ cup sugar. Whisk in the lemon curd.

3. Sprinkle the cake with the remaining 1 tablespoon sugar. Place parchment paper and a cooling rack on the cake and invert the layer; let cool and transfer to a work surface. Cut crosswise into thirds. Place one-third onto a platter and top with one-third of the cream cheese mixture. Repeat with the remaining cake and cream cheese. Top with the remaining 1 cup blueberries.

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Steve and Bonnie Tomasek

Sedalia, Colorado

WINNERS: Each spouse has placed in the International Chili Society World's Championship Chili Cookoff dozens of times in the categories of red chili, green chili and salsa. Together they've won more than 100 championships.
COLLECTED: More than $75,000 in prize money over the years.

STEVE AND BONNIE'S secrets

FIND A SMOKIN' POT
The Tomaseks are "very fussy" about pots. "We prefer a heavier pot called a Magnalite, which cooks with an even heat," says Bonnie. "But any standard dutch oven works fine."

REACH FOR TRI-TIP
Some chefs use chuck tender, but the meat is more fibrous. Expensive fillets turn to mush—a waste of money. Stew meat just doesn't have the flavor. Tri-tip holds up well and is consistent.

PREP YOUR PROTEIN
Brown your meat before adding it to any stew or chili. But don't put it into screaming-hot oil. Toss it in oil that's hot but not smoking. Be sure to brown all sides.

ADD A LITTLE SUGAR...
Many competitors add a touch of brown sugar to their red chili. "About a teaspoon per gallon," says Bonnie. "It reduces the acidity of the tomatoes."

...AND SPICE
Don't make chili really hot. You want a nice burn, but too much heat will get you eliminated. Per pound of meat, go for 2 to 3 tablespoons of chili powder and ¼ teaspoon of cayenne.

OUR DARE: Make a vegetarian chili fit for a carnivore.

Raise-the-Dead Chili

SERVES 6 **PREP** 25 MIN **COOK** 45 MIN

- 6 tablespoons extra-virgin olive oil
- 2½ tablespoons chili powder
- Salt and pepper
- 10 plum tomatoes (about 2 pounds), cored and halved lengthwise
- 1 large onion, sliced crosswise
- 10 cloves garlic, halved
- 3 poblano chiles
- One 24-ounce container vegetable broth
- One 15-ounce can black-eyed peas, rinsed
- 1 teaspoon ground cumin
- 3 ounces sharp cheddar cheese, shredded

1. Preheat the oven to 450°. Grease a baking sheet with 2 tablespoons olive oil. In a small bowl, combine the chili powder, 1 teaspoon salt and ½ teaspoon pepper. Place the tomatoes, seed side up, and onion on the prepared baking sheet. "Stud" each tomato with a garlic clove half. Drizzle the remaining ¼ cup olive oil over the vegetables and dust with some of the chili powder mixture. Bake until the onions begin to brown, 25 to 30 minutes.

2. Meanwhile, roast the chiles directly over a stovetop gas flame, turning occasionally with tongs, until charred all over. Transfer to a bowl, cover tightly and let cool slightly. Peel, stem and discard all the seeds. Chop the chiles.

3. In a large saucepan, combine the roasted tomatoes, 2 roasted onion slices and the roasted garlic. Add the vegetable broth. Using an immersion blender, puree the mixture. Chop the remaining roasted onion and add to the saucepan. Stir in the chiles, black-eyed peas, cumin and remaining chili powder mixture. Bring to a boil, lower the heat and simmer until thickened, about 15 minutes. Stir in two-thirds of the cheese to melt, then top with the remaining cheese.

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Christine Montalvo

Windsor Heights, Iowa

WINNER: Collected 300 ribbons in the Iowa State Fair, was a finalist at a Betty Crocker cookie contest, and repeatedly places first, second or third in the National Pie Championships.
COLLECTED: Tons of prizes, including ones in cash (she won't spill specifics).

CHRISTINE'S secrets

GET FRESH—OR FROZEN
When ripe, in-season fruit isn't available, Christine opens the freezer. Sometimes she packs frozen fruit (like sour cherries) in dry ice and sends it to her hotel before a big competition.

KEEP IT COLD
"I make piecrust using frozen shortening and butter," she says. "When you roll out the dough, you can see pieces of fat, which is a good thing. They melt in the oven, and you get flaky layers."

USE GLASS OR PYREX PLATES
"That way you can tell if your crust is baked at the bottom. You'll get dinged big time with an undercooked crust." Your guests will be nicer about it. But still.

KNOW YOUR OVEN
Christine, who works in the tech industry, embraces the scientific method: "Get an oven thermometer so you know the true temperature."

PRETTY THINGS UP
Christine includes fresh fruit and whipped cream, and high fluting around the crust. "People eat with their eyes first," she explains.

Chocolate-Almond Mousse Neapolitans

MAKES 6 **PREP** 35 MIN **BAKE** 10 MIN

- One 15-ounce package piecrust
- 7 ounces semisweet chocolate, chopped, plus more for grating
- ½ cup sliced almonds, toasted
- 2 cups heavy cream
- 5½ tablespoons confectioners' sugar
- ½ teaspoon pure vanilla extract
- ¼ teaspoon ground cinnamon

1. Preheat the oven to 400°. Line 2 cookie sheets with parchment paper. On a work surface, unroll 1 piecrust and roll the dough to about ⅛ inch thick. Reserve the remaining crust for another use.
2. Using a 3-inch round cookie cutter, cut out 18 rounds, rerolling the scraps and cutting additional rounds as needed. Place on the prepared cookie sheets. Prick the rounds with a fork. Bake until golden, 8 to 10 minutes. Let cool.
3. Place the chopped chocolate in a bowl over simmering water, stirring occasionally, until melted. Remove from the heat and let cool to lukewarm. Using a pastry brush, brush the tops of the rounds with about ¼ cup of the melted chocolate, reserving the remainder at room temperature. Sprinkle 12 of the chocolate-covered rounds with 1 teaspoon toasted almonds each.
4. In a bowl, combine 1 cup heavy cream, 1½ tablespoons confectioners' sugar, the vanilla and cinnamon. Beat until soft peaks form. Stir one-third of the whipped cream mixture into the remaining melted chocolate. Fold in the remaining whipped cream.
5. Spoon a heaping tablespoon of the chocolate whipped cream onto each of 6 chocolate-almond-glazed rounds. Top with another chocolate-almond-glazed round, another heaping tablespoon of chocolate whipped cream and a third chocolate-almond-glazed round.
6. Whip the remaining 1 cup heavy cream and ¼ cup confectioners' sugar. Top each stack with whipped cream, the remaining almonds and some grated chocolate.

OUR DARE: Make any dessert except pie by using a **store-bought piecrust**.

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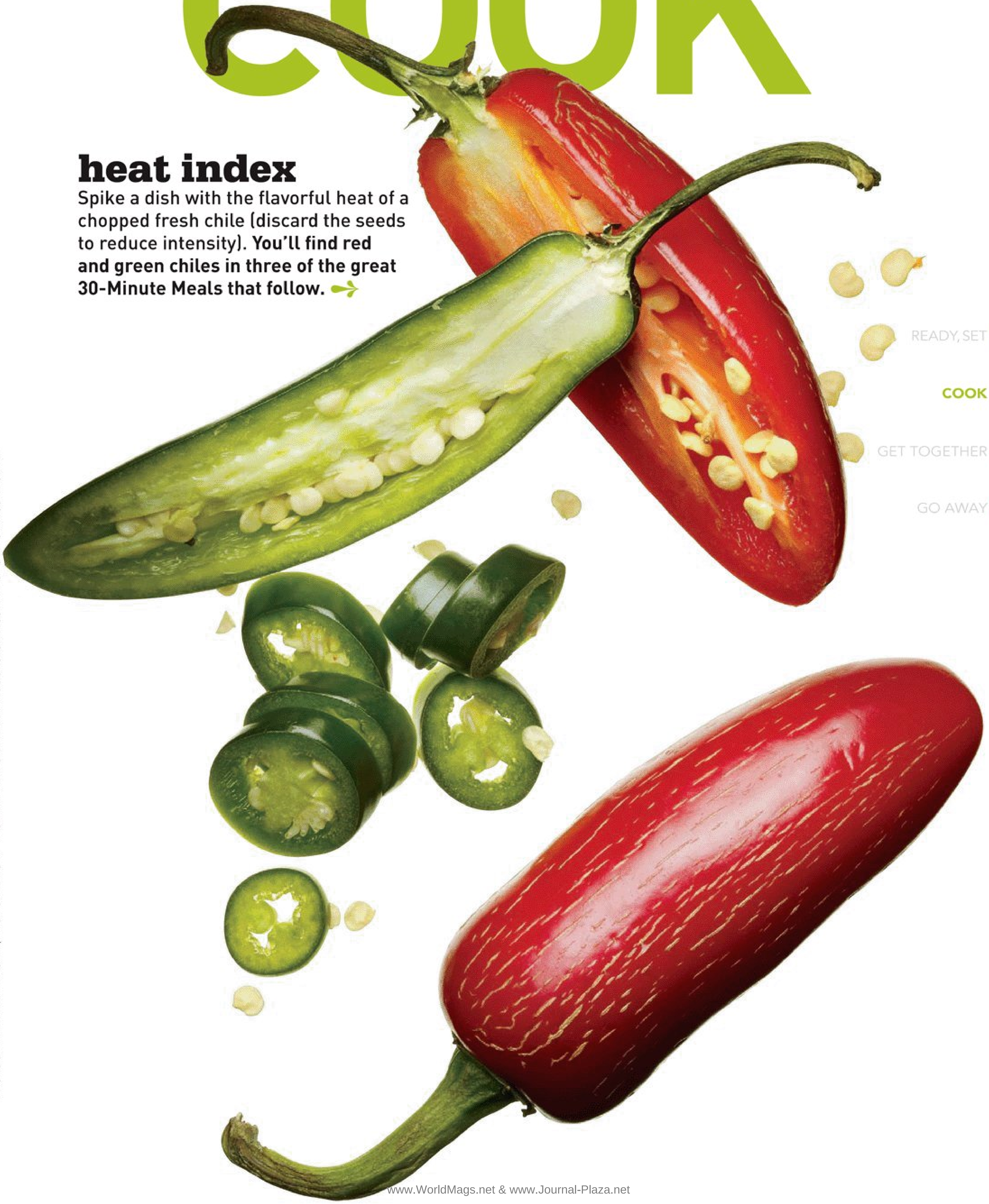
cook

recipes for real life



heat index

Spike a dish with the flavorful heat of a chopped fresh chile (discard the seeds to reduce intensity). **You'll find red and green chiles in three of the great 30-Minute Meals that follow.**

PHOTOGRAPH BY LEVI BROWN; PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE.

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30 MINUTE MEALS

Asparagus, Ham and Egg Pasta

Phunky Pho

Sicilian Tuna-and-Potato Salad

Satay Lettuce Wraps

Teriyaki Pork Chops with Pineapple and Peppers

Lemon-Garlic Spanish Chicken Thighs and Rice Pilaf

Shiitake, Leek and Sesame Noodles

Butter-Almond-Crusted Fishwiches

Chicken Cordon Bleu Salad

The Devil's Shrimp

get creative

with lots of Asian flavors, protein-rich main-dish salads and a pasta that's just perfect for Mother's Day! BY **RACHAEL RAY**

Asparagus, Ham and Egg Pasta

SERVES 4 TO 6

- Salt and pepper
- 1 pound tagliatelle or fettuccine pasta
- 1 pound thin asparagus, cut into 2-inch pieces on an angle
- ¼ cup extra-virgin olive oil (EVOO)
- ¼ pound diced prosciutto (available in packages in the deli section, or ask your deli for prosciutto ends and chop into ¼-inch pieces)
- 4 cloves garlic, finely chopped
- ½ cup dry white wine
- 3 egg yolks, beaten
- Freshly grated parmigiano-reggiano cheese (a generous handful)
- 2 tablespoons chopped fresh thyme (about 2 palmfuls)
- 1 tablespoon grated lemon peel

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Add the asparagus in the last 2 minutes of cooking. Drain, reserving 1 cup of the pasta cooking water.

While the pasta is working, in a large skillet, heat the EVOO, 4 turns of the pan, over medium heat. Add the prosciutto and cook for 2 minutes. Lower the heat to medium-low and stir in the garlic for 2 minutes. Add the wine and cook until reduced slightly, 1 minute. Lower the heat to the lowest setting.

In a medium bowl, combine the reserved pasta cooking water and the beaten egg yolks to temper the eggs. Add the drained pasta to the prosciutto mixture in the skillet. Season with the cheese, thyme, lemon peel and pepper. Pour in the egg mixture and toss vigorously to thicken the sauce, 1 to 2 minutes.

mother's day PASTA BRUNCH

FOOD PHOTOGRAPHY BY **MARCUS NILSSON** | PORTRAIT BY **JIM WRIGHT**

FOOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY ROBYN GLASER. FASHION STYLING BY JANE HARRISON-FOX. HAIR BY CARRIE FERNOW; MAKEUP BY KIM WHITE AT KIMWHITEMAKEUP.COM.

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Phunky Pho

SERVES 4

- 2 pieces chicken breast
- 1 small yellow onion, quartered
- ½ pound angel hair pasta
- Vegetable oil, for drizzling
- Two 32-ounce containers (8 cups) chicken stock
- One 1½-inch piece fresh ginger, peeled and thinly sliced
- 4 large cloves garlic, sliced
- 1 lime—peel removed and cut into small, thin strips, and lime cut lengthwise into wedges
- 2 cups bean sprouts
- 1 small red onion, quartered lengthwise and thinly sliced crosswise
- ½ cup fresh mint leaves, torn
- ½ cup fresh basil leaves, torn
- ½ cup cilantro leaves, coarsely chopped
- Sriracha sauce, for serving
- Plum or hoisin sauce, for serving

In a medium skillet, combine the chicken, yellow onion and enough water to cover. Bring to a boil, then lower the heat and poach the chicken until the juices run clear, 12 to 15 minutes. Transfer the chicken to a plate to cool; reserve the cooking liquid. Discard the chicken skin and bones, then shred the meat with 2 forks.

While the chicken is working, bring a pot of water to a boil for the pasta. Strain the reserved chicken cooking liquid into the pot. Add the pasta and cook until al dente, then drain, cool and add a drizzle of oil to keep the noodles from sticking. In a second pot, bring the chicken stock, ginger and garlic to a boil, then lower the heat to a simmer.

Turn a small bundle of noodles on a fork and place in each of 4 large individual soup bowls. Top with the shredded chicken. Douse each serving with the juice from a lime wedge. Using a slotted spoon, remove and discard the ginger and garlic from the broth, then ladle lots of the hot broth over the chicken and noodles. Add in the bean sprouts, red onion, lime peel, mint, basil and cilantro as you like. Season with the Sriracha and plum sauce as desired. I take mine with the works!

LINEA Q BLACK FLATWARE BY SAMBONET.

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30 MINUTE MEALS

Sicilian Tuna-and-Potato Salad

SERVES 4

- 1 pound fingerling potatoes, sliced 1 inch thick
- Salt and pepper
- 2 lemons, 1 juiced and 1 cut into wedges
- 1 teaspoon anchovy paste (optional)
- 1 large clove garlic, grated or finely chopped and mashed with a little salt
- ¼ cup extra-virgin olive oil (EVOO)
- 1 pint cherry tomatoes, halved, or 4 plum tomatoes, thickly sliced
- 4 ribs celery with leafy tops, sliced 1 inch thick on an angle
- 1 small red onion, quartered lengthwise and thinly sliced crosswise
- 1 cup loosely packed flat-leaf parsley, coarsely chopped
- ½ cup caperberries, halved, or ¼ cup drained capers
- A generous handful of brine- or oil-cured black olives, pitted and coarsely chopped
- 1 small hot red chile, seeded and finely chopped
- Two 6-ounce cans italian tuna, drained
- 1 loaf ciabatta, torn into pieces

In a large saucepan, combine the potatoes and enough water to cover. Bring to a boil, salt the water and cook until tender, about 8 minutes. Rinse under cold water, then drain well.

In a large bowl, whisk the lemon juice, the anchovy paste, if using, and the garlic paste. Whisk in the EVOO until thickened. Add the cooled potatoes, the tomatoes, celery, onion, parsley, caperberries, olives and chile; season with pepper and toss to combine.

Add the tuna to the salad and toss gently to flake it. Squeeze the lemon wedges over the salad. Serve with the bread.

supper SALAD

BLACK FLUTED MEGA SALAD BOWL BY ROYAL COPENHAGEN.

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Satay Lettuce Wraps

SERVES 4

- ½ cup dry-roasted peanuts
- 2 tablespoons vegetable or peanut oil
- 1¼ pounds thinly sliced pork or chicken cutlets, or 1½ pounds ground pork or chicken
- Pepper
- ¼ pound oyster, baby white or shiitake mushrooms, chopped or thinly sliced
- 1 bunch scallions, chopped or thinly sliced
- 4 cloves garlic, chopped
- One 1½-inch piece fresh ginger, cut into thin matchsticks or finely chopped
- 2 tablespoons creamy peanut butter
- ½ cup unsweetened apple juice or chicken stock
- ¼ cup tamari sauce (eyeball it)
- A few dashes hot pepper sauce
- 1 small head iceberg lettuce, core removed and head quartered

Using a food processor, finely chop the peanuts.

In a large skillet, heat the oil, 2 turns of the pan, over high heat. Add the pork and cook until browned, about 5 minutes; season with pepper. Add the mushrooms, scallions, garlic and ginger; toss for 2 minutes. Push the ingredients to the side of the pan and add the peanut butter to the center to melt. Whisk in the apple juice, tamari and hot sauce. Stir in the peanuts.

Spoon the satay into a serving bowl or individual bowls. Serve the lettuce wedges alongside. Scoop the satay mixture into lettuce leaves to wrap up as you eat.

Teriyaki Pork Chops with Pineapple and Peppers

SERVES 4

- 3 cups chicken stock
- 3 tablespoons vegetable oil
- 1 cup white rice
- 1 cup shelled edamame
- 1 small bunch scallions, cut into 1-inch lengths
- 4 thick-cut (1½ inches thick) boneless pork shoulder chops
- Salt and pepper
- ½ ripe pineapple, cut into chunks
- 2 red, orange or green bell peppers, cut into bite-size chunks
- 1 jalapeño chile, seeded and finely chopped
- ½ cup teriyaki sauce or reduced-sodium teriyaki sauce
- Juice of 2 limes
- 3 tablespoons honey or agave syrup
- One 1-inch piece fresh ginger, thinly sliced crosswise

In a large saucepan, bring 2 cups chicken stock and 1 tablespoon oil to a boil. Stir in the rice and edamame and return to a boil, then cover the pot, lower the heat and simmer until the rice is cooked through, 15 to 18 minutes. Fluff the rice with a fork and stir in the scallions.

While the rice is working, in a large skillet, heat 1 tablespoon oil, 1 turn of the pan, over high heat. Season the pork chops with salt and pepper, add to the skillet and cook, turning once, until just done, 7 to 8 minutes. Transfer the chops to a plate.

Add the remaining 1 tablespoon oil, 1 turn of the pan, to the skillet. Add the pineapple, bell peppers and chile and cook until crisp-tender and the pineapple is browning at the edges, 3 to 4 minutes. Transfer the peppers and pineapple to the pork plate. Lower the heat under the skillet to medium-high and add the remaining 1 cup chicken stock, the teriyaki sauce, lime juice, honey and ginger. Cook until reduced by about half, about 5 minutes. Add the pork mixture, lower the heat and simmer for 5 minutes. Serve with the scallion rice.

Satay Lettuce Wraps

Teriyaki Pork Chops with Pineapple and Peppers

BOTTOM: SMALL 2OZ ELEMENT BOWL BY ROYAL COPENHAGEN.

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30 MINUTE MEALS

Lemon-Garlic Spanish Chicken Thighs and Rice Pilaf

SERVES 4

This dish is one of my husband's favorites. It uses thigh meat, which is so delicious and inexpensive. The pilaf is made with just butter and broth, but sometimes I add saffron (just stir a pinch into the toasted pasta before you add the rice).

- **4 tablespoons butter**
- **¼ cup broken pieces thin spaghetti**
- **1 cup rice**
- **3 cups chicken stock**
- **Salt and pepper**
- **2 tablespoons extra-virgin olive oil (EVOO)**
- **⅓ pound cured chorizo (about 5 links), casings removed and sliced on an angle 1 inch thick**
- **8 chicken thighs**
- **4 small onions, quartered lengthwise with the roots intact**
- **2 small regular or meyer lemons, sliced crosswise ½ inch thick**
- **¾ cup pimiento-stuffed green olives (a couple of generous handfuls)**
- **6 large cloves garlic, thinly sliced**
- **2 bay leaves**
- **2 teaspoons sweet smoked paprika or paprika (⅔ palmful)**
- **½ cup dry white wine or ⅓ cup dry sherry**
- **½ cup chopped flat-leaf parsley**

In a large saucepan, melt 3 tablespoons butter over medium heat. Add the pasta and toast for 3 minutes. Stir in the rice to coat. Add 2 cups chicken stock and bring to a boil, then cover the pot, lower the heat and simmer for 15 minutes; fluff with a fork. (If the rice sticks near the end of the cooking time, add a splash more stock.) Season with salt and pepper.

In a large, deep skillet with a tight-fitting lid, heat 1 tablespoon EVOO, 1 turn of the pan, over medium-high heat. Add the chorizo and cook, turning, until browned, 2 to 4 minutes. Using a slotted spoon, transfer to a paper-towel-lined plate. Season the chicken with a lot of pepper and a little salt and add to the drippings in the skillet. Cook over medium heat, turning once, until browned, about 15 minutes. Transfer to a plate.

Add the remaining 1 tablespoon EVOO to the skillet, 1 turn of the pan. Add the onions, season with salt and pepper and cook, tossing frequently, for 2 minutes. Add the lemons, olives, garlic, bay leaves and paprika; cook, stirring frequently, for 2 minutes. Add the wine and cook, scraping up the browned bits from the pan. Stir in the remaining 1 cup chicken stock.

Return the chicken and chorizo to the skillet, cover the pan, lower the heat and simmer for 5 minutes. Transfer all the solid ingredients to a platter. Reduce the sauce for a minute over high heat, then stir in the remaining 1 tablespoon butter and the parsley. Pour the sauce over the chicken. Discard the bay leaves. Serve alongside or on top of the pilaf.

LINEA Q BLACK FLATWARE BY SAMBONET.

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high in protein,

meat-free and very satisfying—
this dish has it all.

Shiitake, Leek and Sesame Noodles

SERVES 4

Salt and pepper
1 pound whole wheat linguine pasta or soba noodles
½ cup vegetable oil
¾ pound shiitake mushrooms, thinly sliced
2 large or 3 medium leeks—halved lengthwise, cut into thin matchsticks and well-rinsed
One 1½-inch piece fresh ginger, peeled and sliced into thin matchsticks or finely chopped
4 cloves garlic, thinly sliced
1 cup shelled edamame
½ cup sake or dry sherry
About 3 tablespoons black sesame seeds or sesame seeds, toasted
1 tablespoon toasted sesame oil

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving 1 cup of the pasta cooking water.

In a large, deep skillet, heat the oil, 4 turns of the pan, over medium-high heat. Add the shiitakes and cook until browned, about 7 minutes. Add the leeks and wilt for 2 minutes, then stir in the ginger and garlic for 1 minute. Stir in the edamame to heat through. Stir in the sake and season liberally with salt and pepper.

Stir the pasta and reserved pasta cooking water into the skillet, then add the sesame seeds and sesame oil. Turn off the heat and toss for 1 full minute.

LINEA Q BLACK FLATWARE BY SAMBONET; OIVA SMALL PLATE BY MARIMEKKO.

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30 MINUTE MEALS

Butter-Almond-Crusted Fishwiches

SERVES 4

- 2 tablespoons dijon mustard
- 2 tablespoons pickle relish
- 1 tablespoon honey
- ¼ cup plus 1 tablespoon vegetable oil
- ½ head small cabbage or ½ pound shredded slaw mix
- Salt and pepper
- ½ cup sliced almonds, toasted
- 1 cup breadcrumbs
- 2 tablespoons chopped fresh thyme or 1½ teaspoons dried thyme
- Flour, for coating
- 2 eggs, beaten
- 4 fillets tilapia
- 3 tablespoons butter
- Juice of 1 lemon
- 8 slices good-quality white bread or split rolls of choice, toasted
- Salt-and-vinegar or black-pepper potato chips

In a medium bowl, whisk the mustard, relish and honey. Whisk in ¼ cup oil. Add the cabbage and season with salt and pepper; toss.

Using a food processor, grind the almonds. Stir in the breadcrumbs and thyme. Place in a shallow bowl. Place the flour and beaten eggs in 2 other shallow bowls. Halve the tilapia fillets crosswise, making 8 small pieces of fish. Pat the fish dry and season with a little salt. Dip the fish first in the flour, then in the beaten egg, then in the breadcrumb mixture.

In a large skillet, heat the remaining 1 tablespoon oil, 1 turn of the pan, over medium heat. Add the butter to melt. Add the coated fish and cook, turning once, until brown and crisp, 3 minutes per side. Douse the fish with the lemon juice. Stack 2 pieces of fish and a big pile of the slaw on the toast. Halve the sammies and serve with the potato chips.

when I was a kid, sole almondine was a popular restaurant dish. Today, delicate whitefish like that remains pricey, but tilapia is a firm, forgiving and inexpensive fish. These crispy fish sandwiches are surprisingly sophisticated, budget-friendly and just plain fun.

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Chicken Cordon Bleu Salad

SERVES 4

Celery root, or celeriac, is inexpensive and adds great crunch to entrée salads like this one.

- 1 pound fingerling or small yukon gold potatoes, quartered lengthwise
- Salt and pepper
- 2 chicken cutlets (4 ounces each)
- ⅓ cup extra-virgin olive oil (EVOO), plus more for drizzling
- ½ pound ½-inch-thick ham steak
- 1 large shallot
- ¼ cup grainy dijon mustard
- 2 tablespoons white wine vinegar
- 2 tablespoons honey or agave syrup
- 2 tablespoons chopped fresh thyme or 1½ teaspoons dried thyme
- ⅓ pound thick deli-sliced swiss cheese
- 1 celery root, peeled and cut into matchsticks
- 2 carrots, peeled and cut into matchsticks
- 1 bunch watercress, trimmed
- 1 baguette, warmed, for serving
- Butter, for serving

In a large saucepan, combine the potatoes and enough water to cover. Bring to a boil, salt the water and cook until tender, about 8 minutes. Rinse under cold water; drain well.

Season the chicken cutlets with salt and pepper. In a large nonstick skillet, heat a drizzle of EVOO over medium-high heat. Add the cutlets and cook, turning once, until golden, about 5 minutes. Transfer to a plate. Add the ham steak to the skillet and cook, turning once, until browned, about 5 minutes.

While the meats cook, grate the shallot into the bottom of a large salad bowl. Whisk in the mustard, vinegar and honey, then whisk in ⅓ cup EVOO. Season with the thyme, salt and pepper.

Cut the chicken, ham and swiss cheese into thin strips and add to the dressing. Add the celery root, carrots and potatoes. Toss to coat well. Divide the salad among plates garnished with the watercress leaves. Serve with the baguette and butter.

The Devil's Shrimp

SERVES 4

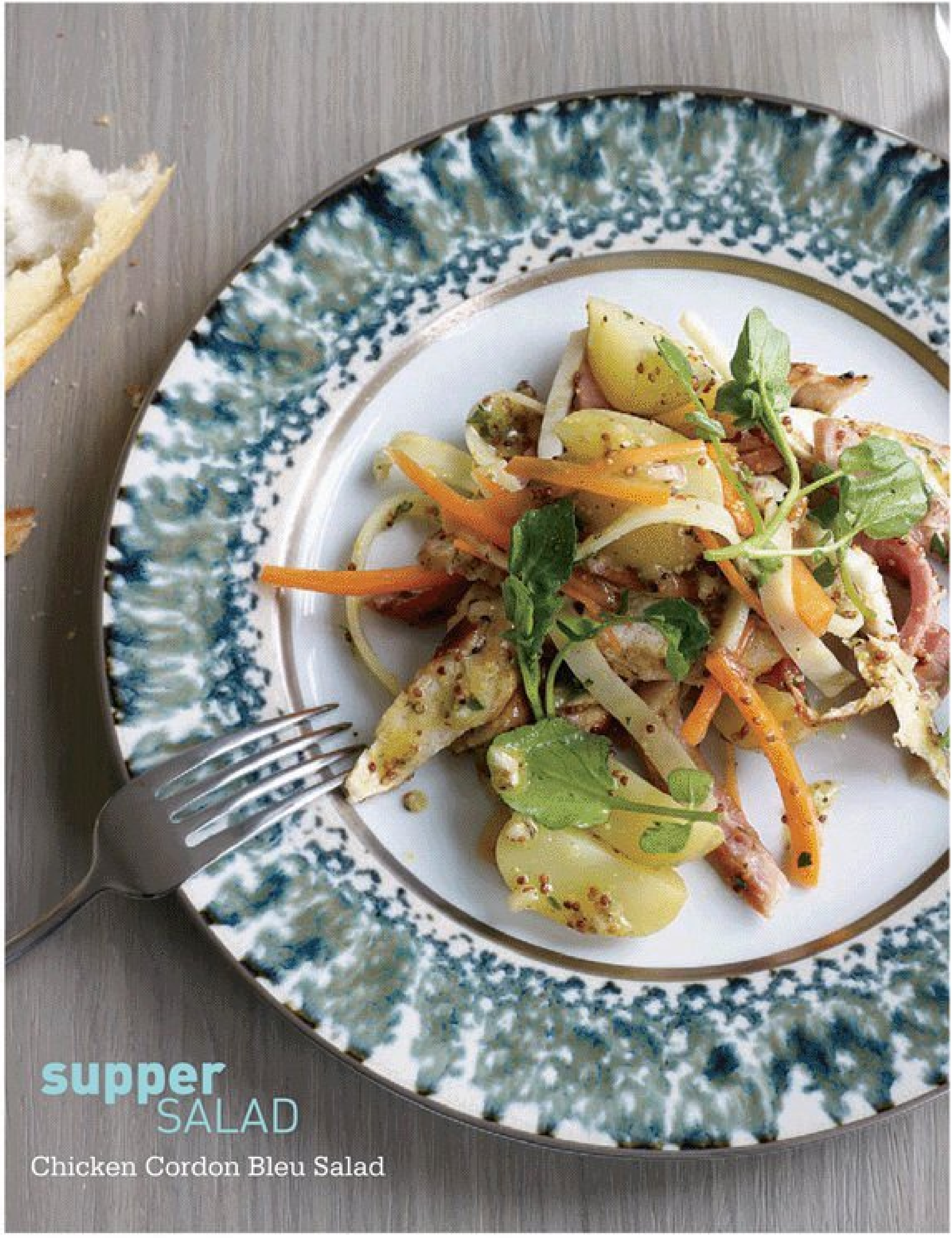
Halving the shrimp lengthwise gives the illusion that this dish is equal parts shrimp and pasta. It's a great way to stretch your seafood buck!

- Salt and pepper
- 1 pound tagliatelle or fettuccine pasta
- ¼ cup extra-virgin olive oil (EVOO)
- 3 flat fillets anchovies or 1 teaspoon anchovy paste
- 1 hot red or green chile, finely chopped
- 4 cloves garlic, finely chopped
- ½ cup dry white wine or dry vermouth
- ½ cup chicken or fish stock
- One 28-ounce can italian tomatoes in puree
- ½ teaspoon dried marjoram or oregano
- ¾ pound large shrimp—deveined, tails discarded, halved lengthwise, rinsed and patted dry
- Juice of ½ lemon
- 2 tablespoons butter
- ½ cup (about 10 to 12) basil leaves, shredded or torn
- A few sprigs mint, finely chopped

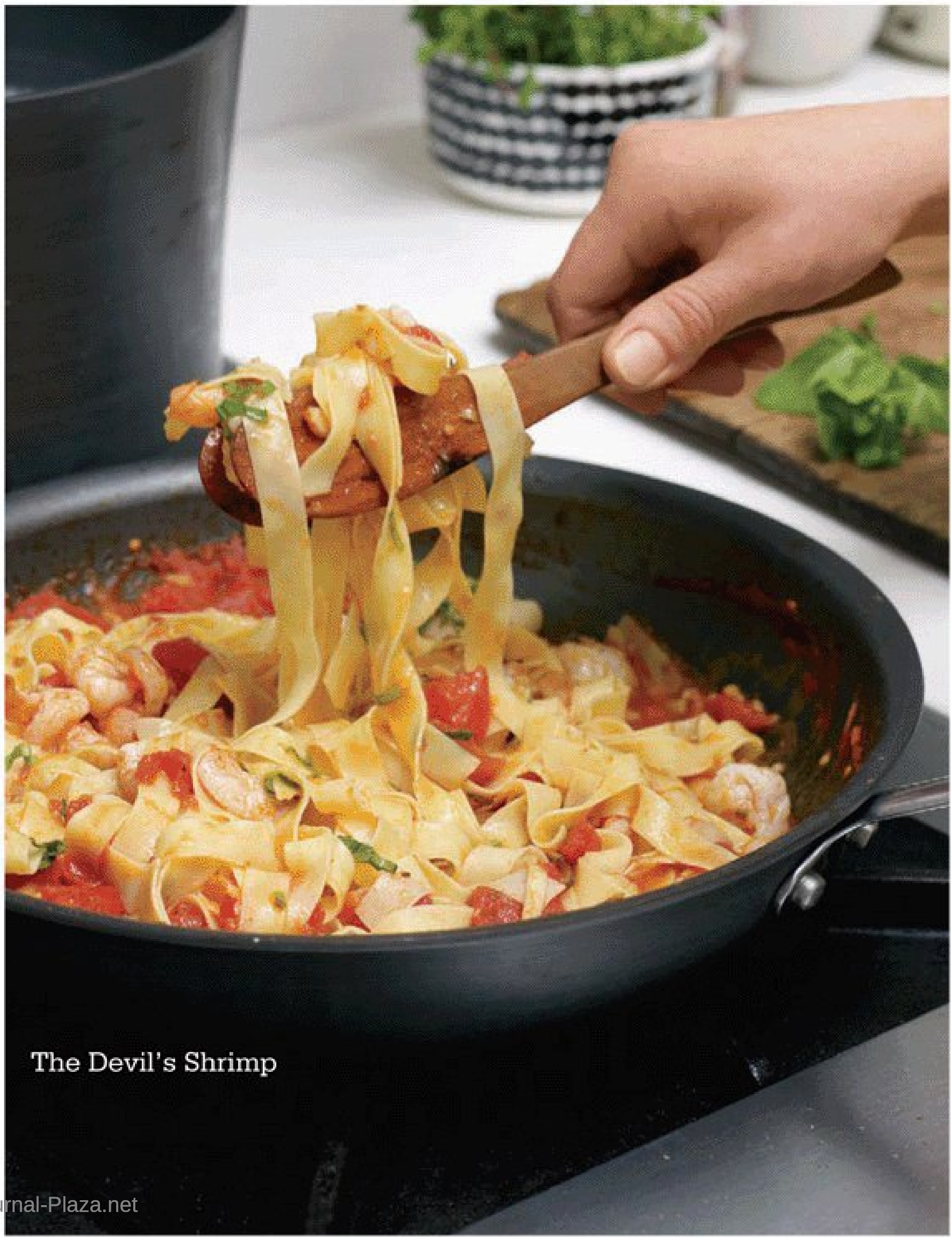
Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving about ½ cup of the pasta cooking water.

While the pasta is working, in a large, deep skillet, heat the EVOO, 4 turns of the pan, over medium heat. Stir in the anchovies to melt. Stir in the chile for 1 minute, then stir in the garlic for 2 minutes. Stir in the wine to reduce slightly, about 1 minute. Stir in the chicken stock, then stir in the tomatoes and crush with a potato masher. Season with the marjoram, salt and pepper. Simmer over medium heat until reduced, about 20 minutes.

Season the shrimp with salt and the lemon juice. In a large, deep skillet, melt the butter over medium heat. Add the shrimp and cook until pink, 2 minutes. Add to the sauce. Stir in the pasta and reserved pasta cooking water and toss. Serve on a warm platter or in shallow bowls. Top with the basil and mint to cool things down!



Chicken Cordon Bleu Salad


The Devil's Shrimp

TOP: LINEA Q BLACK FLATWARE BY SAMBONET. BOTTOM: RASYMATTO SMALL BOWL BY MARIMEKKO.

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magic* this moment

Not all celebrations require an invitation. Plenty don't take place in fancy catering halls. Some barely get any love at the greeting card stand. But that doesn't make them any less special. **We're toasting four such celebrations** the best way we know how: with truly unforgettable menus.

RECIPES BY **MINDY FOX** | PHOTOGRAPHY BY **TARA DONNE**

Magic Moment

couple's first night in

You're sharing an address, the rent and a whole new life together. Christen your space and status with a bistro-inspired classic that's been cohabiting beautifully for quite some time: steak frites.

FOOD STYLING BY JEE LEVIN; PROP STYLING BY KIM FICARO.

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Steak Frites

SERVES 2 **PREP** 20 MIN **COOK** 35 MIN

⅓ cup mayonnaise
2 teaspoons finely chopped flat-leaf parsley
¼ teaspoon finely chopped garlic
3 tablespoons plus 1½ teaspoons butter, softened
1½ teaspoons dijon mustard
Salt and pepper
1 pound baking potatoes—peeled, rinsed and dried
1½ teaspoons vegetable oil, plus more for frying
One 1¼-inch-thick boneless rib-eye steak (about 1 pound)

1. In a small bowl, stir together the mayonnaise, 1 teaspoon parsley and the garlic. Cover and refrigerate until ready to serve. In a separate small bowl, combine 3 tablespoons butter, the remaining 1 teaspoon parsley, the mustard and a pinch each salt and pepper.
2. Using a handheld slicer or chef's knife, slice the potatoes lengthwise ¼ inch thick. Pat dry, then slice into ¼-inch-thick sticks. Pat completely dry and cover with a kitchen towel.
3. Fill a deep pot with enough oil to reach a depth of 2 inches and place over high heat until a deep-fry thermometer registers 325°; line a baking sheet with paper towels. Working in 5 batches and allowing the oil to reheat in between batches, fry the potatoes until lightly golden, about 5 minutes; transfer to the baking sheet to drain and season with salt and pepper.
4. Season the steak with salt and pepper. In a cast-iron skillet, heat 1½ teaspoons oil and the remaining 1½ teaspoons butter over medium-high heat. Once the butter stops foaming, add the steak and cook, turning once, until browned, about 8 minutes for medium-rare. Transfer to a cutting board, tent loosely with foil and let rest for 10 minutes before thinly slicing across the grain. Top with the herb butter. Serve with the fries and garlic-parsley mayonnaise for dipping.

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Magic Moment

bff's bachelorette party

She may be off the market, but she can still play the field…with her food. Celebrate her big catch with a spread of Asian-themed small bites and a signature cocktail to toast away her last days of singlehood.

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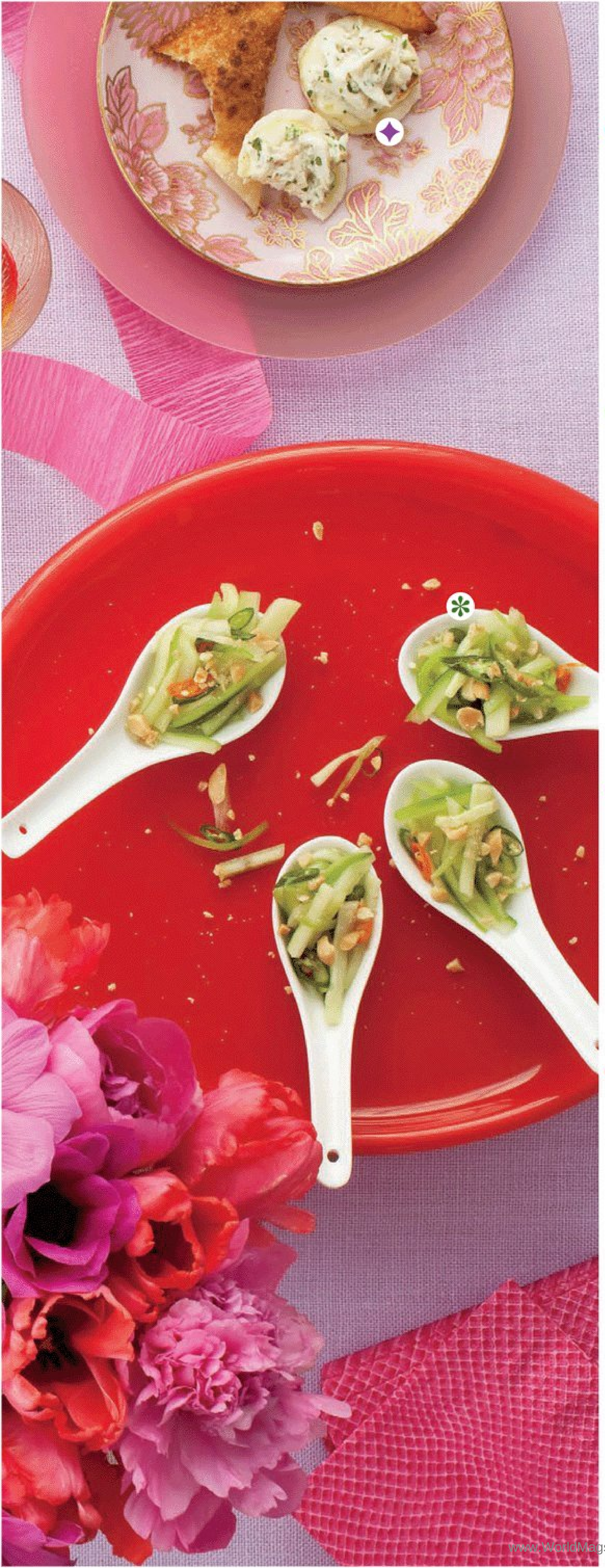

Pomegranate-Lemongrass Fizz

SERVES 10

In a small saucepan, simmer **2¼ cups water**, **1½ cups sugar**, **1½ tablespoons corn syrup** and **4 coarsely chopped lemongrass stalks** for 30 minutes; strain and let cool. In a pitcher, stir together **5½ cups vodka**, **3½ cups pomegranate juice** and the lemongrass syrup (about 2¼ cups). Pour into ice-filled highball glasses, then top with **club soda** and **a lemon slice**.

Sweet Cucumber Salad with Chiles and Peanuts

MAKES 20

In a small saucepan, heat **2 tablespoons rice wine vinegar** and **2 teaspoons sugar**, stirring, until the sugar is dissolved; stir in **1 teaspoon salt** and let cool to room temperature. Cut **1 pound peeled english cucumbers** into matchsticks and toss with the vinegar mixture, **2½ tablespoons thinly sliced mint leaves** and **2 teaspoons seeded and finely chopped thai bird chiles**. Let stand for 10 minutes, then toss again and season with **salt** and **pepper**. Spoon about 1 tablespoon of the salad into each of 20 wonton soup spoons and top with **some chopped cocktail peanuts**.

Crab Salad on Rice Crackers

MAKES 35

In a medium bowl, mix together **⅔ pound picked-over lump crabmeat**, **¼ cup finely chopped cilantro**, **¼ cup thinly sliced scallion greens**, **1½ tablespoons mayonnaise**, **2 teaspoons grated lemon peel** and **¾ teaspoon fresh lemon juice**; season with **salt**. Spread about **⅓ teaspoon mayonnaise** onto each of **35 plain rice crackers**; top with the crab salad and **a sprinkle of white pepper**.

Juicy Chicken Potstickers

MAKES ABOUT 45

In a medium bowl, mix together **¾ pound ground chicken**, **¼ cup thinly sliced scallions**, **2 finely chopped garlic cloves**, **1 tablespoon toasted sesame oil**, **2½ teaspoons soy sauce** and **2¼ teaspoons chili-garlic sauce**. Lightly beat **1 egg** in a bowl. Working with 1 piece at a time, brush the edges of **square wonton skins** with the egg wash and place 1 teaspoon of the chicken mixture in the center of each; fold over to form triangles and press the edges to seal. In a large skillet, heat **3 tablespoons vegetable oil** over medium heat. Working in batches, fry the potstickers until golden, adding oil as necessary, about 1 minute per side. Serve warm.

Glazed Eggplant with Sesame Seeds and Chives

MAKES ABOUT 32

In a small saucepan, whisk together **6 tablespoons soy sauce**, **2½ tablespoons toasted sesame oil** and **1½ tablespoons brown sugar**; bring to a boil and cook until reduced by one-third. Slice **4 small japanese eggplants**, alternating between crosswise and diagonal cuts to make 32 wedges about 1 inch long. Stand the eggplant wedges on a parchment-paper-lined baking sheet. Brush with **toasted sesame oil** and bake in a 375° oven for 15 minutes. Brush with two-thirds of the soy glaze and bake for 10 minutes more, then brush with the remaining soy glaze. Sprinkle with **toasted sesame seeds** and **finely chopped chives**. Serve warm.

Chocolate-Jasmine Tea Truffles

MAKES 20

In a medium bowl, combine **4 ounces finely chopped good-quality semisweet chocolate**, **1½ tablespoons unsalted butter cut into small pieces** and **a pinch salt**. In a small saucepan, bring **¾ cup water** and **¾ ounce good-quality jasmine green tea leaves (about ⅓ cup)** to a boil; strain into a bowl, pressing to extract as much liquid as possible. Return the brewed tea to the saucepan, add **6 tablespoons heavy cream** and bring just to a boil; pour over the chocolate mixture and whisk until smooth. Let cool for 30 minutes, then press a sheet of plastic wrap directly onto the surface of the chocolate and refrigerate for at least 1 hour. Shape teaspoonfuls of the chocolate into balls, then roll in **unsweetened cocoa powder**.

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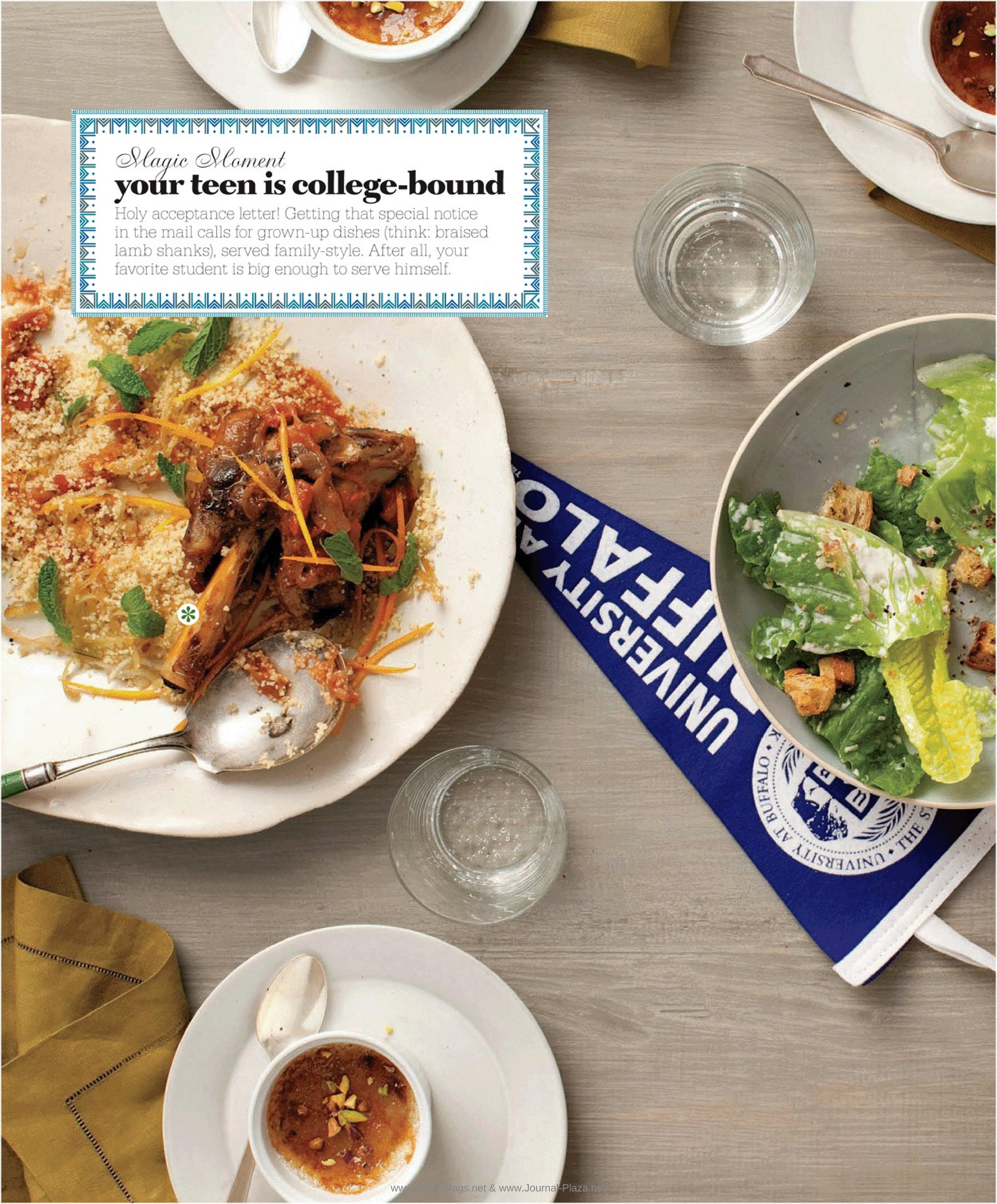
Magic Moment

your teen is college-bound

Holy acceptance letter! Getting that special notice in the mail calls for grown-up dishes (think: braised lamb shanks), served family-style. After all, your favorite student is big enough to serve himself.



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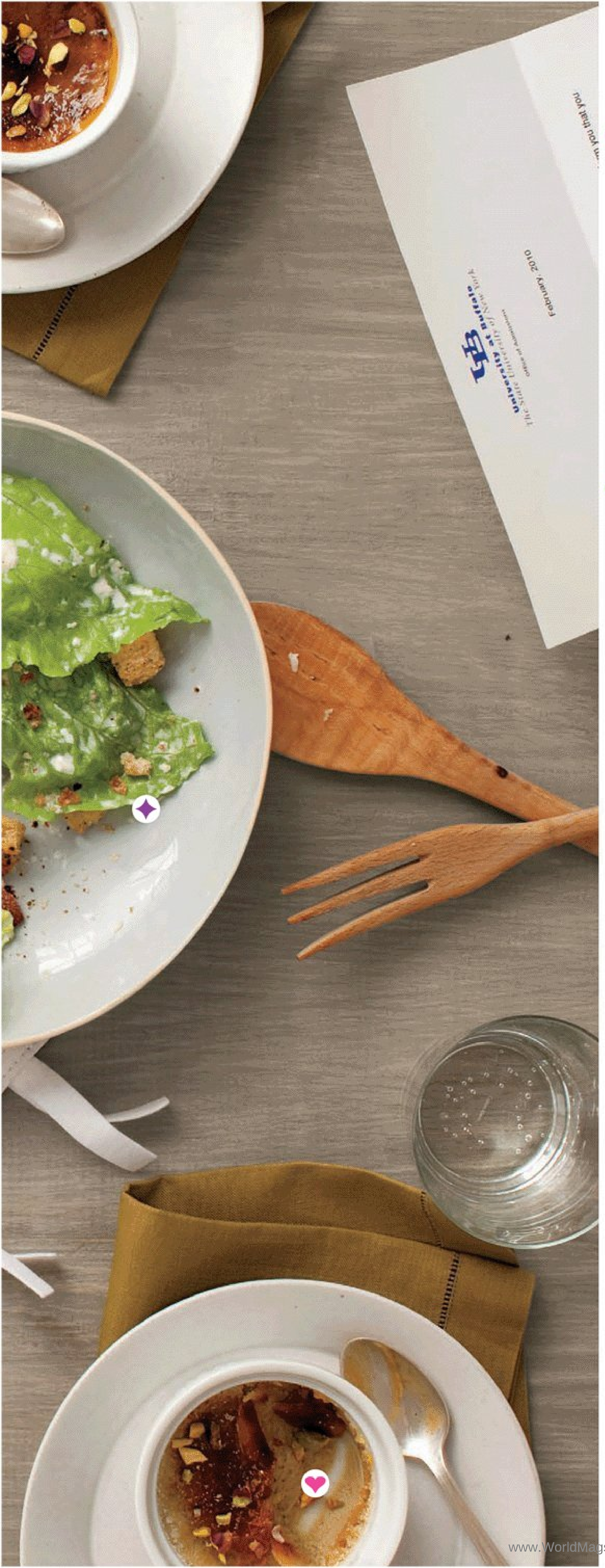

Herbed Crouton Salad

SERVES 4

Combine **3½ cups ¾-inch bread cubes**, **¼ cup chopped parsley** and **2 tablespoons each finely chopped chives** and **extra-virgin olive oil**; season with **salt** and **pepper**. Spread on a parchment-paper-lined baking sheet and toast in a 350° oven for 12 minutes. Stir together **¾ cup grated parmesan cheese**, **⅓ cup sour cream**, **3 tablespoons mayonnaise** and **1 teaspoon each lemon juice** and **water**; season with **pepper**. Toss with **1 head romaine lettuce, torn**, and the croutons; season with **salt** and **pepper**.

Tomato-Braised Lamb Shanks with Orange and Mint

SERVES 4 **PREP** 10 MIN **COOK** 2 HR 35 MIN

- **½ cup plus 3 tablespoons extra-virgin olive oil**
- **1 large onion, thinly sliced, plus 1 small onion, finely chopped**
- **4 cloves garlic, thinly sliced**
- **Salt and pepper**
- **One 28-ounce can diced tomatoes in juice**
- **5 pounds lamb shanks**
- **3½ cups beef broth**
- **1½ cups dry red wine**
- **1½ cups couscous**
- **Grated peel of 1 orange**
- **2 tablespoons chopped fresh mint**

1. In a large saucepan, heat ¼ cup olive oil over medium-low heat. Add the sliced onion, garlic and ½ teaspoon salt and cook, stirring, for 10 minutes. Add the tomatoes and their juices and simmer until thickened, about 25 minutes.

2. Meanwhile, preheat the oven to 350°. In a large dutch oven, heat 5 tablespoons olive oil over high heat. Season the lamb with salt and pepper, add to the pot and cook until browned, 15 minutes; transfer to a plate. Remove the pot from the heat and wipe clean.

3. Transfer the tomato sauce to the dutch oven and stir in the broth and wine; bring to a boil. Add the lamb shanks and any juices, making sure the lamb is submerged. Cover the pot, transfer to the oven and braise until the meat is falling off the bone, about 2 hours.

4. During the last 10 minutes of cooking, in a saucepan, heat the remaining 2 tablespoons olive oil over medium heat. Add the chopped onion and cook until softened, about 7 minutes; add 1½ cups water and bring to a boil. Stir in the couscous and ½ teaspoon salt. Cover, remove from the heat and let stand for 5 minutes; fluff with a fork and season to taste.

5. Transfer the couscous to a platter and top with the lamb shanks. Skim the oil from the sauce and spoon the sauce over the lamb; sprinkle with the orange peel and mint.

Pistachio Crème Brûlée

SERVES 4

PREP 20 MIN (PLUS STANDING AND FREEZING)

BAKE 50 MIN

- **1 cup plus 2 tablespoons roasted shelled pistachios, toasted**
- **5 tablespoons plus 8 teaspoons sugar**
- **2 cups heavy cream**
- **1 teaspoon pure vanilla extract**
- **1 pinch salt**
- **4 egg yolks**

1. Position a rack in the middle of the oven and preheat to 300°. Using a food processor, pulse 1 cup pistachios and 5 tablespoons sugar until finely ground.

2. In a saucepan, heat the cream, ground nut mixture, vanilla and salt over medium heat, stirring, until steaming, about 5 minutes. Remove from the heat, cover and let stand for 30 minutes; strain, pressing to extract any cream. Discard the nuts.

3. In a large bowl, beat the egg yolks, then whisk in the pistachio cream. Divide among four ½- to ⅔-cup ramekins set in a baking dish. Pour enough warm water into the pan to come halfway up the sides of the ramekins. Bake until the custards are set with a slight jiggle in the center, 45 to 50 minutes.

4. Remove the ramekins from the water bath. Let cool for 30 minutes, then freeze for 1 hour.

5. Just before serving, position an oven rack 2 inches from the broiler and preheat. Sprinkle the custards with the remaining 8 teaspoons sugar. Broil until browned, 3 to 5 minutes. (Alternately, use a kitchen torch to caramelize the sugar.) Chop the remaining 2 tablespoons pistachios and sprinkle on top.

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Magic Moment

meet-the-baby brunch

You're psyched for everyone to meet your bundle of joy, but you don't have a bundle of time. We get it. Stick with one marquee item—nothing says "love" like a homemade cake—and keep the rest of the menu simple.

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Lemonade-Mint Spritzers

SERVES 6

In a large saucepan, bring **1 cup each water**, **sugar** and **fresh mint leaves** to a boil; lower the heat and simmer for 15 minutes. Let cool, then strain, pressing to extract any liquid; refrigerate. In a pitcher, using a wooden spoon, muddle **¾ cup mint leaves** and **2 tablespoons sugar**. Stir in **4½ cups chilled club soda**, **1 cup mint syrup** and **¾ cup fresh lemon juice (about 3 lemons)**. Strain into ice-filled glasses and top with **a mint sprig**.

Deviled Eggs with Pickled Red Onions

SERVES 6

In a small bowl, whisk together **6 tablespoons red wine vinegar**, **2 tablespoons sugar** and **¾ teaspoon salt**; add **½ cup finely chopped red onions** and let stand for 1 hour. Halve **9 hard-boiled eggs** lengthwise. Transfer the yolks to a bowl and mash with **5 tablespoons mayonnaise**, **1½ teaspoons juice from the pickled onions**, **1 teaspoon dijon mustard** and **¼ teaspoon salt**. Fill each egg white half with the yolk mixture. Sprinkle the pickled onion and **black pepper** on top.

Ricotta-and-Radish Crostini

SERVES 6

Toast **eighteen ¼-inch-thick baguette slices**, cut on an angle, in a 350° oven. Stir together **½ cup plus 1 tablespoon ricotta cheese**, **1 tablespoon fresh lemon juice**, **½ teaspoon salt** and **a pinch pepper**. Spread the ricotta mixture onto each toast and top each with 4 thin slices **radish**, **a sprinkle of salt** and **grated lemon peel**.

Shrimp, Arugula and Frisée Salad with Pesto Dressing

SERVES 6

Fill a large pot one-third of the way full with water and add **1 thinly sliced lemon** and **1½ teaspoons salt**; bring to a simmer. Add **1 pound extra-large peeled and deveined shrimp** and cook until opaque, about 3 minutes; drain. Using a food processor, pulse **2 cups fresh basil leaves**, **12 walnuts**, **the grated peel of 1 lemon** and **¾ teaspoon salt** until finely chopped. With the machine on, gradually add **½ cup extra-virgin olive oil**. Transfer to a salad bowl, along with **1 teaspoon finely chopped shallot**. Add **5 cups baby arugula (about 6 ounces)** and **3 cups torn frisée (about 1 head)** and toss; season with **salt** and **pepper**. Top with the shrimp.

Coconut Angel Food Cake with Fresh Berries

SERVES 10
PREP 20 MIN
BAKE 40 MIN (PLUS COOLING)

- 1 cup cake flour
- ¾ cup confectioners' sugar
- 12 egg whites, at room temperature
- 1½ teaspoons cream of tartar
- 1 teaspoon pure vanilla extract
- ½ teaspoon salt
- ¾ cup plus 2 tablespoons granulated sugar
- ¾ cup shredded unsweetened coconut
- 1 cup heavy cream, chilled
- 2½ cups mixed fresh berries

1. Position a rack in the middle of the oven and preheat to 350°. Sift together the cake flour and confectioners' sugar 3 times.
2. Using an electric mixer, beat the egg whites, cream of tartar, vanilla and salt until firm peaks form. Working in thirds, add ¾ cup granulated sugar, beating for 5 seconds between additions. Beat on high speed until stiff, glossy peaks form, about 3 minutes. Working in thirds, gently fold in the flour mixture, then fold in the coconut. Scrape into a 10-inch angel food cake pan, smoothing out the top. Bake until golden and the center of the cake springs back to the touch, about 40 minutes. Invert the cake onto a rack or the neck of a bottle and let cool in the pan completely, about 1½ hours.
3. Just before serving, whip the cream with the remaining 2 tablespoons granulated sugar. Serve the cake with the whipped cream and berries.

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Pesto Makes Perfect

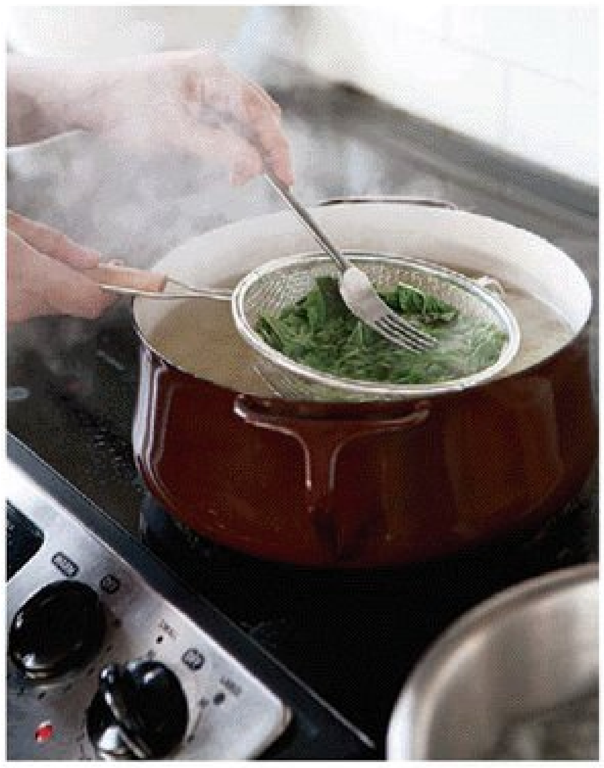
Every Day editor-in-chief **Silvana Nardone** gives the green light to a truly indulgent pasta sauce. Her secret? Pureeing pesto with parmesan *and* ricotta cheeses.

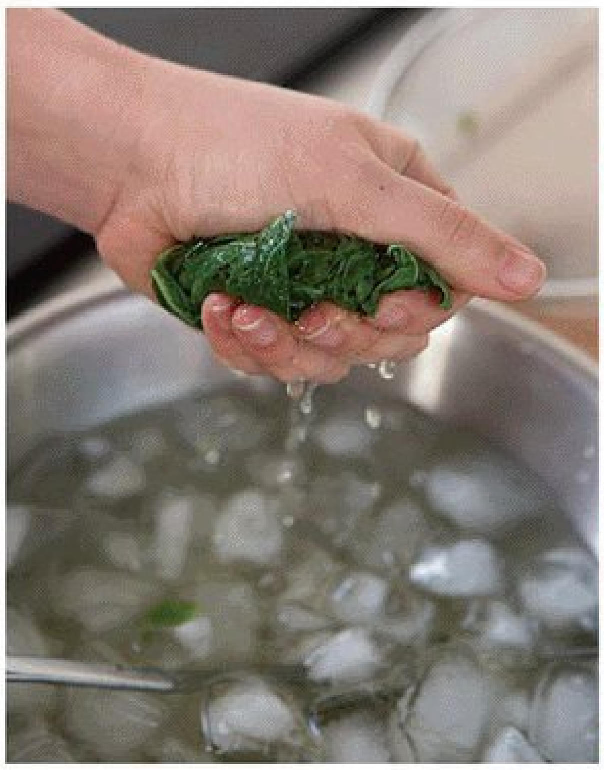
PHOTOGRAPHY BY **STEPHEN SCOTT GROSS**

what I used

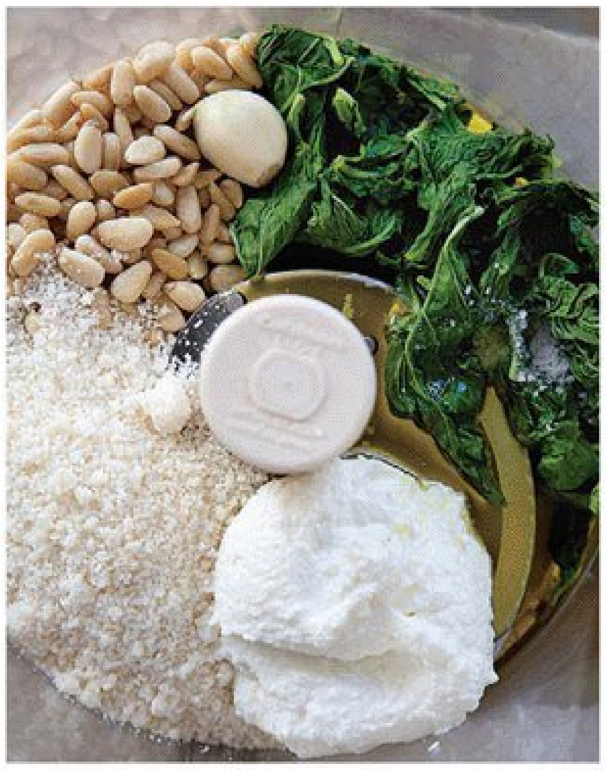
fresh basil
salt
spaghetti
extra-virgin olive oil
pine nuts
grated parmesan cheese
ricotta cheese
garlic

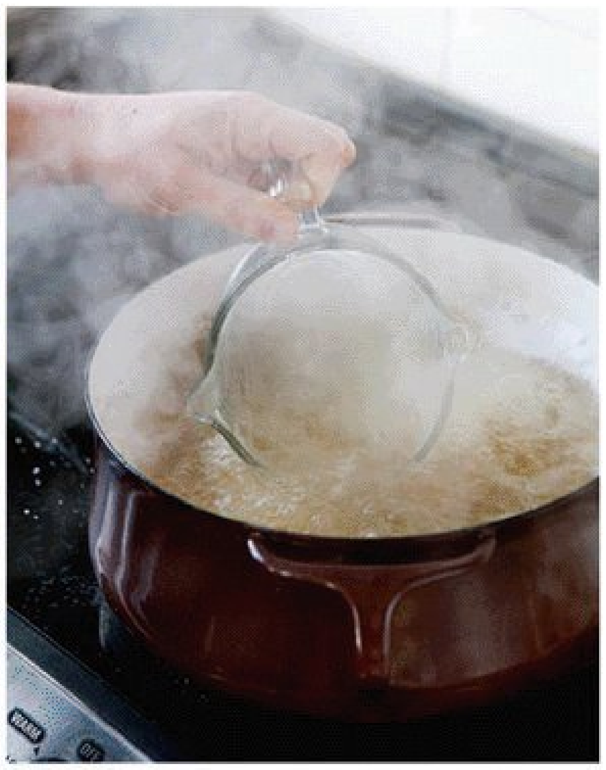
I bring a large pot of water to a boil. I put basil leaves in a sieve





and submerge it in the water. I plunge the sieve into a bowl of ice water, then squeeze out the basil. I salt the boiling water and





add spaghetti. I puree the basil with olive oil, pine nuts, parmesan, ricotta, garlic and salt. Before draining the spaghetti,

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FOOD STYLING BY TRACEY SEAMAN; PROP STYLING BY MEGHAN GUTHRIE. HAIR AND MAKEUP BY MAYSOON FARAJ; WARDROBE STYLING BY CHRISTINA STANLEY-SALERNO.

I reserve a cup of the cooking water. I toss the spaghetti with the pesto, adding the pasta water as needed, and more parmesan.

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Hot Shots

These itty-bitty, North African-inspired burgers are big on fiery flavor. BY **RACHAEL RAY** | PHOTOGRAPH BY **MARCUS NILSSON**

"Some like it hot, but in small doses. These mini sliders pack a spice-filled punch."

Spicy Lamb Sliders with Harissa

SERVES 4

- 1½ pounds ground lamb
- 3 to 4 tablespoons grated yellow onion, with juice
- 1 clove garlic, grated or finely chopped
- 1 tablespoon sweet smoked paprika (about a palmful)
- 1 tablespoon ground cumin (about a palmful)
- 1 tablespoon ground coriander (about a palmful)
- ½ teaspoon ground cinnamon (a couple of generous pinches)
- Salt and pepper
- Extra-virgin olive oil (EVOO), for drizzling
- ⅓ pound sharp cheddar cheese, thinly sliced
- 12 small rolls, such as mini ciabatta or whole grain, split
- 1 small red onion, thinly sliced
- 2 plum tomatoes, thinly sliced
- ½ cup watercress leaves
- ½ cup parsley or cilantro leaves
- Harissa, for topping

1. In a large bowl, combine the lamb, yellow onion, garlic, paprika, cumin, coriander, cinnamon and lots of salt and pepper. Divide into 4 equal portions, then form each portion into three 3-inch patties. Drizzle with EVOO.
2. Heat a large cast-iron skillet or grill pan over medium-high heat. Add the patties and cook, turning once, for 4 minutes for medium. During the last minute of cooking, divide the cheese among the patties and tent with foil to melt.
3. Top the roll bottoms with the patties, red onion, tomatoes, watercress, parsley, lots of harissa and the roll tops.

FOOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY ROBYN GLASER.

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EVERYDAY

MENU PLANNER

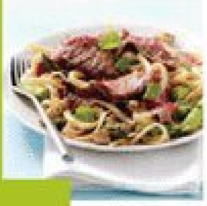
MAY 2010

SUNDAY
Chicken-and-Pear Panini with Shredded Escarole

MONDAY
Southwestern Shrimp-and-Bean Salad

TUESDAY
Lemon Chicken Tortellini Soup

WEDNESDAY
Skirt Steak with Garlic-Ginger Noodles



THURSDAY
Black Bean and Avocado Burritos with Jicama-Cucumber Slaw

FRIDAY
Asian-Style Shrimp Frittata

SATURDAY
Grilled Pork Kebabs with Cucumber Tzatziki

What's for dinner tonight?

Take this shopping list to the store and you'll have 7 nights' worth of easy meals for less than $100.

PHOTOGRAPHY BY DAN ROBERTS; FOOD STYLING BY SARAH THOMPSON; SET STYLING BY MELISSA HABERMAN.

7 DAYS DINNERS

S M T W T F S

YOUR SHOPPING LIST

PRODUCE
- ☐ 2 lemons
- ☐ 1 lime
- ☐ 1 pear
- ☐ 1 pound asparagus
- ☐ 1 avocado
- ☐ One 8-ounce package mung bean sprouts
- ☐ 2 english cucumbers
- ☐ One 1-inch piece ginger
- ☐ 1 pound jicama
- ☐ One 16-ounce package white mushrooms
- ☐ 1 large head escarole
- ☐ 4 onions
- ☐ 1 head garlic
- ☐ 2 bunches scallions
- ☐ 1 bunch mint
- ☐ 1 bunch cilantro

DAIRY
- ☐ One 5.3-ounce container plain greek-style yogurt
- ☐ 8 ounces monterey jack cheese
- ☐ 1 dozen eggs

FISH AND SHELLFISH
- ☐ 1¼ pounds frozen peeled and deveined large shrimp

MEAT
- ☐ 1 pound skirt steak
- ☐ 1 pound pork loin
- ☐ 1¼ pounds skinless, boneless chicken thighs

BAKERY
- ☐ One 15-ounce package burrito-size flour tortillas
- ☐ 4 dinner rolls

GROCERY
- ☐ Four 15-ounce cans black beans
- ☐ One 32-ounce container chicken broth
- ☐ One 5-ounce jar soy sauce
- ☐ One .63-ounce jar dried oregano
- ☐ One 1-pound box sugar
- ☐ One 12-ounce package fettuccine pasta
- ☐ One 9-ounce bag tortellini pasta
- ☐ One 16-ounce package frozen peas

Total Price: $89.84

(Extra-virgin olive oil, salt and pepper are freebies.)

web **Get a new menu planner every week** at rachaelraymag.com/menu.

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pair with a fruit-forward, creamy **inzolia**. Try Mirabile Inzolia Sicilia 2006 (Italy, $15).

plan it

SOAK the onions in red wine vinegar, instead of caramelizing them, for a pickled crunch.

COOK 1¼ pounds chicken tonight and save ½ pound for Tuesday.

BUTTER the outside of the sandwich and cook in a heated skillet, instead of a panini press, until browned and crisp—or use a waffle maker.

Chicken-and-Pear Panini with Shredded Escarole

SERVES 4 **PREP** 10 MIN **COOK** 25 MIN

- 5 **tablespoons extra-virgin olive oil**
- ¾ **pound skinless, boneless chicken thighs**
- **Salt and pepper**
- 2 **onions, thinly sliced (about ¾ pound)**
- 1 **pear, cored and thinly sliced**
- 1 **cup shredded monterey jack cheese**
- 4 **dinner rolls, preferably poppy seed, split**
- 1 **tablespoon fresh lemon juice**
- ½ **head escarole, torn into bite-size pieces**
- ½ **english cucumber, thinly sliced**

1. In a large skillet, heat 2 tablespoons olive oil over medium-high heat. Season the chicken with salt and pepper. Add to the skillet and cook, turning occasionally, until golden, 6 to 8 minutes; transfer to a plate. Let cool slightly before thinly slicing.
2. In the same skillet, heat 1½ tablespoons olive oil over medium-high heat. Add the onions, season with salt and pepper and cook until golden, about 7 minutes. Stir in the pear and cook until tender, 3 to 5 minutes. Remove from the heat and toss with the chicken and cheese.
3. Divide the chicken mixture among the rolls. Using a panini press, cook the sandwiches according to the manufacturer's instructions.
4. Meanwhile, in a large bowl, whisk together the lemon juice and remaining 1½ tablespoons olive oil. Add the escarole and cucumber and toss; season with salt and pepper. Serve with the sandwiches.

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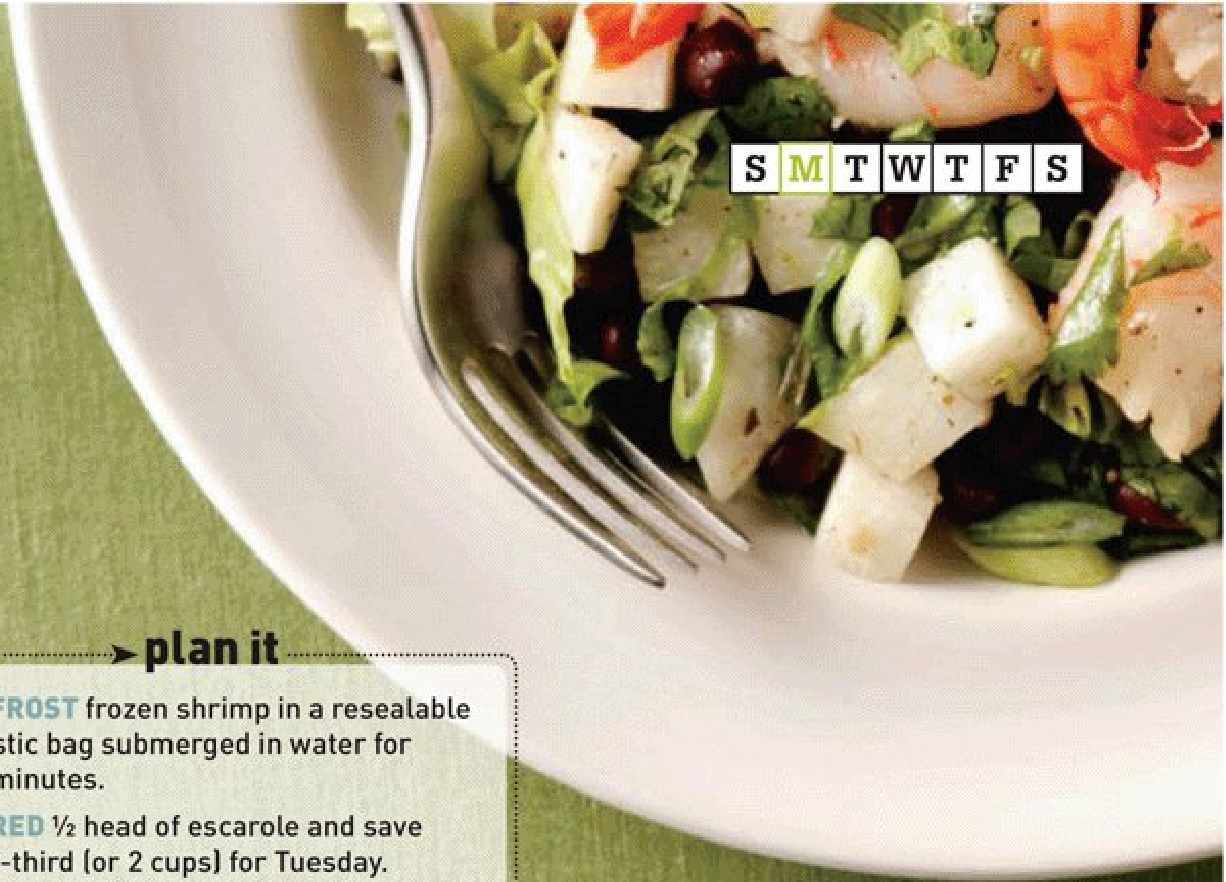

Southwestern Shrimp-and-Bean Salad

SERVES 4 **PREP** 10 MIN **COOK** 5 MIN

- ½ cup extra-virgin olive oil
- Grated peel and juice of 1 lime
- 1 teaspoon dried oregano
- Two 15-ounce cans black beans, rinsed
- 4 cups shredded escarole
- ½ pound jicama, peeled and cut into ¾-inch cubes (about 2 cups)
- 2 scallions, thinly sliced
- ½ cup chopped cilantro, plus more for sprinkling
- Salt and pepper
- 1 pound frozen peeled and deveined large shrimp, thawed

1. In a large bowl, whisk together 6 tablespoons olive oil, the lime peel, lime juice and oregano. Add the black beans, escarole, jicama, scallions and cilantro; toss. Season with salt and pepper; divide among 4 plates.

2. In a large skillet, heat the remaining 2 tablespoons olive oil over high heat. Add the shrimp, season with salt and pepper and cook, turning once, until just opaque, about 5 minutes. Arrange on top of the bean salad and sprinkle with more cilantro.

plan it

DEFROST frozen shrimp in a resealable plastic bag submerged in water for 10 minutes.

SHRED ½ head of escarole and save one-third (or 2 cups) for Tuesday.

SWAP in 2 cups chopped cucumbers for the jicama.

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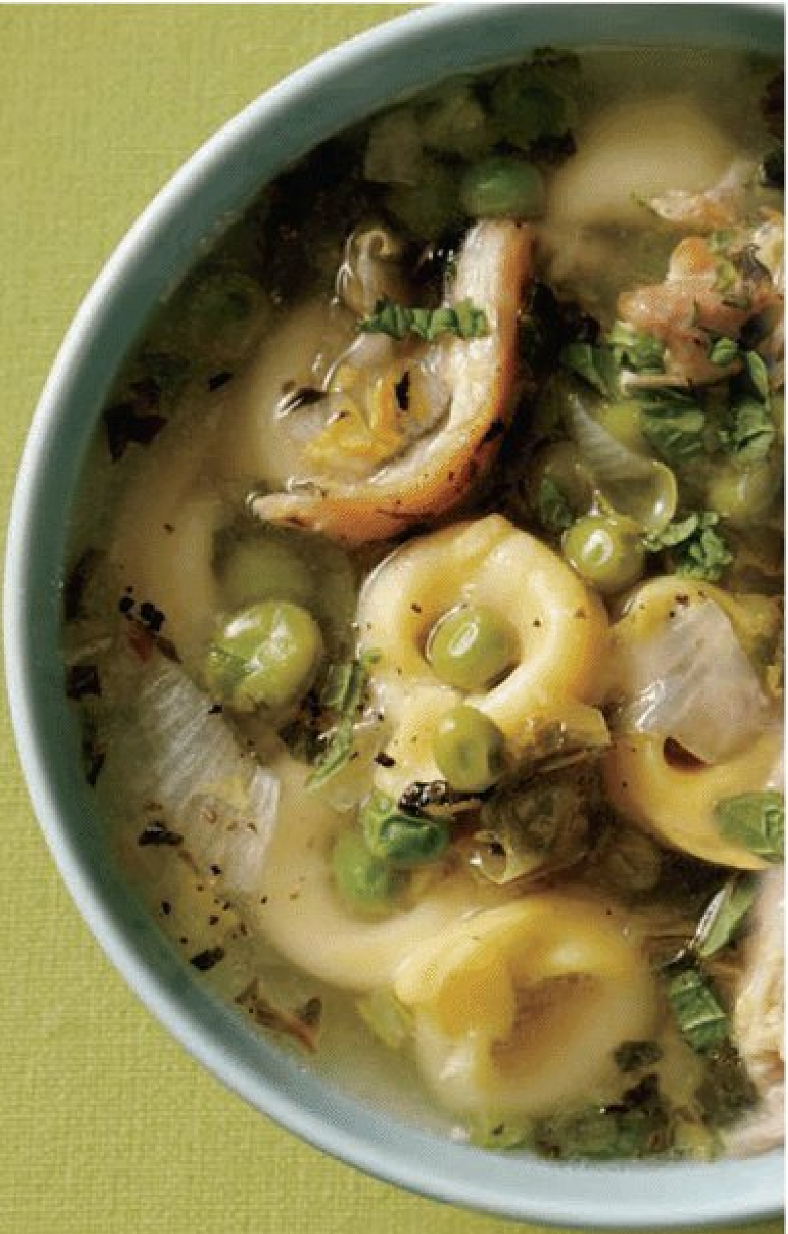
Lemon Chicken Tortellini Soup

SERVES 4 **PREP** 10 MIN **COOK** 25 MIN

- 2 tablespoons extra-virgin olive oil
- ½ pound skinless, boneless chicken thighs
- Salt and pepper
- One 32-ounce container (4 cups) chicken broth
- One 9-ounce bag tortellini pasta
- 2 cups shredded escarole
- 1½ cups frozen peas
- 4 scallions, finely chopped
- Grated peel and juice of 1 lemon
- ¼ cup chopped fresh mint

1. In a large pot, heat the olive oil over medium-high heat. Season the chicken with salt and pepper. Add to the pot and cook, turning occasionally, until golden, 6 to 8 minutes; transfer to a plate. Let cool slightly before shredding.

2. Add the chicken broth and 2 cups water to the same pot and bring to a simmer. Add the tortellini and cook according to package directions. Remove from the heat and stir in the shredded chicken, the escarole, peas, scallions, lemon peel, lemon juice and mint. Season with salt and pepper.

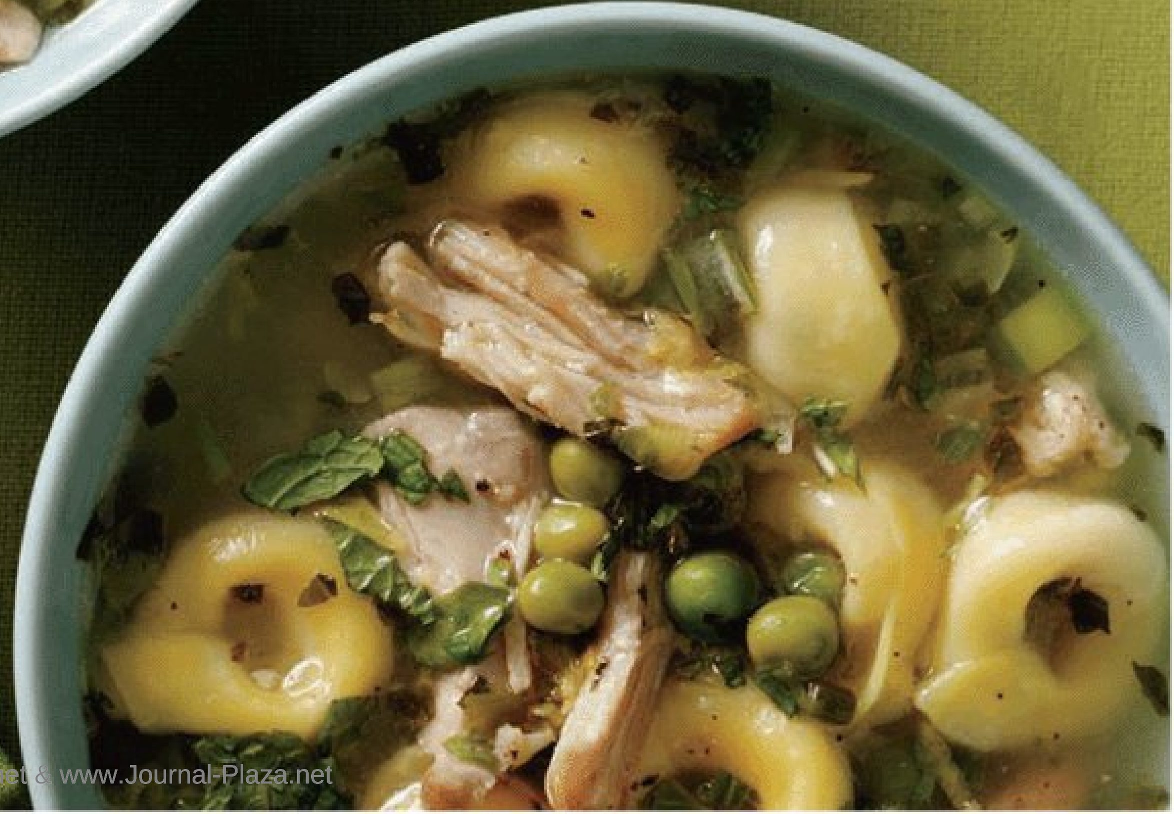


plan it

SAVE 15 minutes: Skip Step 1 and shred the cooked chicken from Sunday and use the shredded escarole from Monday.

TRY a pasta salad: Omit the chicken broth and toss the cooked tortellini with the rest of the ingredients and extra-virgin olive oil to coat.

SWAP in vegetable broth and chopped mushrooms and potatoes for the chicken broth and chicken.



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plan it

USE the edge of a spoon to peel the ginger.

GRILL the steak, asparagus and mushrooms instead—just warm the liquid ingredients in a saucepan and toss with the cooked pasta.

ADD ¼ teaspoon crushed red pepper when cooking the vegetables in Step 3 for a spicy kick.

Skirt Steak with Garlic-Ginger Noodles

SERVES 4 **PREP** 10 MIN **COOK** 25 MIN

- One 12-ounce package fettuccine pasta
- 3 tablespoons extra-virgin olive oil
- 1 pound skirt steak
- Salt and pepper
- ½ bunch asparagus (about 8 ounces), cut into 1-inch pieces
- 2 cups white mushrooms (about 8 ounces), quartered
- 2 tablespoons soy sauce
- 1 tablespoon chopped garlic
- 1 tablespoon finely chopped fresh ginger
- ¼ cup cilantro leaves

1. Bring a large pot of salted water to a boil and cook the pasta according to package directions until al dente; drain, return the pasta to the pot and toss with 2 tablespoons olive oil. Cover with a lid to keep warm.

2. Meanwhile, season the steak with salt and pepper. In a large skillet, heat the remaining 1 tablespoon olive oil over high heat. Add the steak and cook, turning once, until medium-rare, 7 to 9 minutes; transfer to a cutting board. Let rest for 10 minutes before thinly slicing.

3. Add the asparagus and mushrooms to the skillet, season with salt and cook until tender, 3 to 5 minutes. Remove from the heat and stir in 1 cup water, the soy sauce, garlic and ginger, scraping up any browned bits; season with salt and pepper. Toss with the noodles and top with the sliced steak and cilantro.

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S M T W T F S

pair with a strong-flavored, reddish-gold **lager** with a hoppy edge. Try Brooklyn Lager (NY, $10 for a six-pack).

plan it

SWAP in shredded carrots or mango slivers for the jicama.

USE a vegetable peeler to thinly slice the cucumber lengthwise, then halve each slice crosswise before cutting into matchsticks.

STIR thinly sliced scallions or chopped cilantro into the garlic black beans, or add finely chopped jalapeño to the slaw.

Black Bean and Avocado Burritos with Jicama-Cucumber Slaw

SERVES 4 **PREP** 15 MIN **COOK** 10 MIN

- **3 tablespoons extra-virgin olive oil**
- **Two 15-ounce cans black beans, rinsed**
- **2 cloves garlic, finely chopped**
- **Salt and pepper**
- **4 burrito-size flour tortillas**
- **1 avocado, peeled and diced**
- **1 cup shredded monterey jack cheese**
- **1 tablespoon fresh lemon juice**
- **1 english cucumber, cut into matchsticks**
- **½ jicama (about ½ pound)—peeled, thinly sliced, then cut into matchsticks**

1. In a large pot, heat 1 tablespoon olive oil over medium heat. Add the beans and garlic and season with salt and pepper. Cook, mashing, until warmed, about 5 minutes.

2. Wrap the tortillas in a paper towel and heat in the microwave for 1 minute. Lay flat on a work surface and divide the beans, avocado and cheese among them; roll up like burritos. Wrap in paper towels and microwave until the cheese is melted, 1 to 2 minutes.

3. In a large bowl, whisk together the lemon juice and remaining 2 tablespoons olive oil; add the cucumber and jicama and toss. Season with salt and pepper. Serve with the burritos.

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Asian-Style Shrimp Frittata

SERVES 4 **PREP** 10 MIN **COOK** 20 MIN

- ¼ cup soy sauce
- 2 tablespoons sugar
- 2 tablespoons extra-virgin olive oil
- 2 cups white mushrooms (about 8 ounces), thinly sliced
- ½ bunch asparagus (about 8 ounces), trimmed and cut into 1-inch pieces
- ¼ pound frozen peeled and deveined large shrimp, thawed and chopped
- 4 scallions, chopped
- 1 cup mung bean sprouts, plus more for sprinkling
- 8 eggs, beaten
- Salt and pepper

1. In a small saucepan, whisk together ¼ cup water, the soy sauce and sugar over high heat. Bring to a boil and cook until reduced to a syrup, about 5 minutes (you should have about 3 tablespoons).
2. In a large nonstick skillet, heat the olive oil over medium-high heat. Add the mushrooms and asparagus and cook until the vegetables are tender, about 5 minutes. Stir in the shrimp, scallions and bean sprouts and cook for 2 to 3 minutes.
3. Season the eggs with salt and pepper and pour over the mixture. Cook, pulling back the edges and tipping the pan to let the uncooked eggs flow underneath, until the eggs are set, about 5 minutes. Cover and let stand for 3 minutes. Drizzle the soy mixture on top and sprinkle with more bean sprouts.

plan it

SWAP in shiitake mushrooms for the white mushrooms.

MAKE a big batch of the glaze from Step 1 and refrigerate in an airtight container for up to 2 weeks; brush on roasted or grilled meats and vegetables, or use in stir-fries.

BROIL during the last 2 minutes of cooking for a fluffy, browned frittata.

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plan it

SEASON the tortillas with dried oregano after brushing with extra-virgin olive oil.

ADD boiled new potatoes, cherry tomatoes or zucchini chunks to the skewers before grilling.

USE any leftover tzatziki as a burger condiment.

Grilled Pork Kebabs with Cucumber Tzatziki

SERVES 4 **PREP** 15 MIN **COOK** 10 MIN

- 4 burrito-size flour tortillas, halved
- ¼ cup extra-virgin olive oil
- Salt and pepper
- 1 pound pork loin, cut into 1½-inch pieces
- 2 onions, cut lengthwise into 8 wedges each
- 1 teaspoon dried oregano
- 1 clove garlic, finely chopped
- 1 cup plain greek-style yogurt
- 3 tablespoons chopped mint
- ½ english cucumber, grated

1. Preheat a grill to medium-high. Brush the tortillas with 1½ tablespoons olive oil and sprinkle with salt. Toast on the grill until browned, about 5 minutes.
2. In a large bowl, toss the pork and onions with 1½ tablespoons olive oil and season with the oregano, salt and pepper; thread onto 4 skewers.
3. Meanwhile, on a cutting board and using the flat side of a knife, mash the garlic and ½ teaspoon salt into a paste. Transfer to a small bowl and whisk in the yogurt, mint, remaining 1 tablespoon olive oil and ¼ teaspoon pepper. Press the cucumber in a sieve to remove excess liquid, then stir the cucumber into the yogurt mixture.
4. Grill the skewers, turning occasionally, until lightly charred and cooked through, 8 to 10 minutes. Serve with the tzatziki and tortillas.

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Family Matters

The sloppy joe, long a childhood favorite, gets a healthy makeover with ground pork, tons of veggies and teriyaki sauce.

BY **TRACEY SEAMAN** | PHOTOGRAPH BY **MARCUS NILSSON**

Teriyaki Sloppy Joes

SERVES 4 **PREP** 15 MIN **COOK** 15 MIN

2 tablespoons extra-virgin olive oil
1 bunch scallions, thinly sliced
1 carrot, shredded
3 cloves garlic, finely chopped
1 pound ground pork
¼ cup teriyaki sauce
2 tablespoons oyster sauce
1 tablespoon cornstarch
1 pound swiss chard—rinsed, dried and thinly sliced crosswise
4 soft sesame burger buns, split and toasted

1. Preheat the broiler. In a large, heavy skillet, heat 1½ tablespoons olive oil over medium heat. Add the scallions, carrot and half of the garlic and cook, stirring, until slightly softened, about 2 minutes. Move the veggies to the perimeter of the pan, add the pork to the center and cook over high heat, breaking the meat into clumps and turning occasionally until it begins to brown, about 5 minutes.

2. In a cup, combine ½ cup water, 3 tablespoons teriyaki sauce, the oyster sauce and cornstarch; pour over the pork and cook, stirring, until thickened, 1 to 2 minutes. Transfer the pork mixture to a bowl and keep warm.

3. In the same skillet, add the remaining garlic and 1½ teaspoons olive oil and cook over medium heat for 1 minute. Add the swiss chard and remaining 1 tablespoon teriyaki sauce and stir-fry until wilted, about 3 minutes. Divide the chard among the bun bottoms. Spoon the pork mixture on top and cover with the bun tops. Serve with knives and forks.

yum-o!

TIPS OF THE MONTH

Kids can be picky—especially when tasting new foods. Studies show they may need to try something 10 times before committing! These methods will unlock even the most resistant taste buds.

- Introduce new ingredients (like this month's swiss chard) by adding them to an old-favorite recipe.
- Limit snacking before mealtime. If kids are hungry, they're more likely to eat what you put in front of them.
- Offer choices (but not too many or they'll get overwhelmed). Stick to two options (say, peach or mango for a snack). It gives them a sense of control, and they're more likely to pick one.

For more ways to help your family build healthier relationships with food and cooking, visit yum-o.org.

FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY ROBYN GLASER

behind the recipe

This month's Asian twist on a family favorite is proof that good-for-you food doesn't have to be boring. "My son, Will, has type 1 diabetes, and my husband is a two-time cancer survivor, so eating healthy is super-important to all of us," says Michelle Parker of Aurora, Illinois. "But so is taste, and this recipe passed both tests with flying colors." Will and his sister, Anna, agree, quite literally: They especially loved the bright red and green chard. —SARAH ZORN

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Raise the Cookie Bar

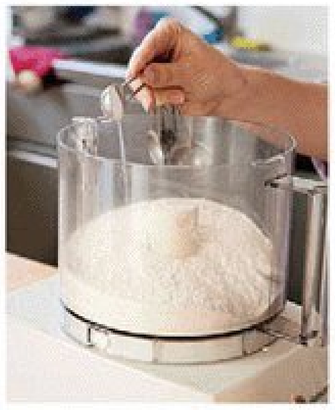
These blueberry-filled bar cookies are loaded with almond shortbread from top to bottom.

BY **SILVANA NARDONE** | PHOTOGRAPHY BY **STEPHEN SCOTT GROSS**

• Line a pan with foil by inverting the pan and molding the foil on top; then place the foil "shell" inside the pan.

"Every now and then, a little something sweet is just what the day calls for. This recipe is low-maintenance—it has pantry-friendly ingredients, assembles quickly and is ready to enjoy in less than an hour."

• Use jam or preserves to make a quick, fruity dessert any time of year.



• Add a bit of baking soda to any cookie dough for a golden-brown color.

• Cut the baked bars into 4 rows in both directions to get 16 even bars.

Blueberry Cookie Bars

MAKES 16 BARS

PREP 15 MIN **BAKE** 40 MIN

- **2¼ cups flour**
- **1 cup blanched sliced almonds**
- **½ cup sugar**
- **½ teaspoon baking soda**
- **½ teaspoon salt**
- **1½ sticks (6 ounces) cold unsalted butter, cut into pieces**
- **1 cold egg**
- **1 teaspoon pure vanilla extract**
- **¾ cup blueberry preserves**

1. Preheat the oven to 350°. Line a 9-inch square baking pan with a 12-inch-long sheet of foil. Using a food processor, mix the flour, almonds, sugar, baking soda and salt until the nuts are finely ground. Add the butter and pulse until coarse crumbs form. Beat together the egg and vanilla; drizzle over the dough mixture. Transfer the mixture to a large bowl and knead with your fingertips until clumpy.

2. Transfer two-thirds of the dough to the pan and press into the bottom to form an even layer. Spread the preserves on top. Dot the top with the remaining dough in clumps.

3. Bake until the edges are lightly golden, 35 to 40 minutes. Let cool completely. Turn out of the pan, remove the foil and cut into squares.

FOOD STYLING BY TRACEY SEAMAN; PROP STYLING BY MEGHAN GUTHRIE. HAIR AND MAKEUP BY MAYSOON FARAJ; WARDROBE STYLING BY CHRISTINA STANLEY-SALERNO.

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"Store the cookie bars in an airtight container between sheets of wax paper for easy handling."

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get together

the go-to guide for a good time

PHOTOGRAPH BY LEVI BROWN; PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE.

All About Weddings

BY **ELIZABETH JENKINS**

Weddings, when you break them all down, are parties that bring together close friends and family. They should rock, of course, and planning one shouldn't drive you to an all-night chapel in Sin City. (But if Vegas is your thing, don't let us stop you.) **We found eight couples who pulled off the biggest bashes of their lives in fun, inventive ways.** Whether you're walking down the aisle or just prepping your next get-together, you're in for tons of can't-miss food, decor and party ideas. Consider that our vow.

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The Backyard Wedding

Your dreams are big, but your budget is not.
Make yourself comfortable at this idyllic, do-it-yourself affair.

BRIDE Megan Koehn
GROOM Simon Nicholls
DATE August 15, 2009
LOCATION Her parents' home in Palos Verdes Estates, California

When Megan Koehn's parents were building their house, Megan remembers saying, "I could totally get married here." Still, Megan, 30, and her fiancé, Simon Nicholls, 36, explored plenty of locales—from hotels in California to pubs in Simon's native England—before realizing that her parents' house, with its Pacific Ocean views, was the spot. Armed with a ton of wedding magazines, Megan and Simon tackled many tasks themselves. They designed the invitations, painted signs leading their 100 guests to the ceremony, and cut 200 sprigs of lavender to decorate the bar and cake table. They even grew—and later arranged—succulents for centerpieces. Of course, saving sanity is as crucial as saving cash: They left larger tasks, like catering, to the pros. "Also, we hired a florist for the bouquets and the boutonnieres," Megan says. "That was more technical than we wanted to get."

Rules of Engagement

When you're doing everything (or what feels like everything) yourself, salvation lies in planning. Karen Kaforey of Nashville-based Signature Events, Inc. shows you how.

Q: Where do I even begin?
A: If you're not serving home cooking, then your first appointment should be with a caterer.

Q: How early should I pick the DJ's playlist?
A: Give the DJ one month to get your song choices together.

Q: My friends are providing the entertainment. Should I book them as early as a band or DJ?
A: As soon as you know your date, ask. It'll give friends time to block off the date, work on song selection and learn specifics.

Q: How early should I start working on centerpieces?
A: Choose flowers immediately (to make sure they'll be in season), then call wholesale florists to see how long it'll take to get them. Order them a month in advance for delivery the week of the wedding. The Tuesday before the wedding, start arranging, keeping them cool and well-watered until the big day.

Q: When should I start to "design" the ceremony (choose the songs, vows and readings)?
A: Three months prior should be plenty of time.

PHOTOGRAPHY BY JAC PHOTOGRAPHY/ JACSHOOT.COM.

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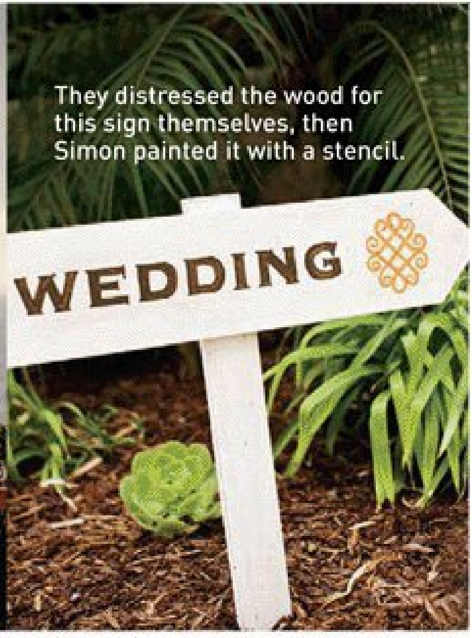
Megan and Simon placed homegrown succulents in shallow, wide bowls filled with soil.

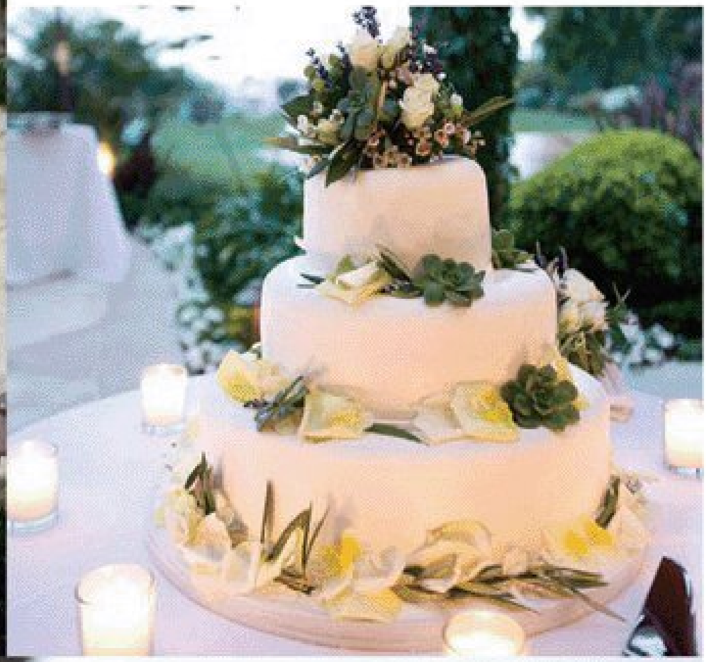


They distressed the wood for this sign themselves, then Simon painted it with a stencil.

Megan and her mom hung the paper lanterns, ordered online, the week of the wedding: They attached each one to grosgrain ribbons, then used clear pushpins to secure them to the wood pergola. The photographers gave the couple a photo card of several of the day's shots (FAR RIGHT) at the end of the night.

Take It from Us...

No one will notice "mistakes" but you. "I was sitting in my room before the wedding—my dress, veil and makeup on—sick to my stomach thinking of all the things I'd forgotten," Megan says. "But I realized this isn't a magic show—I'm not going to be floating in midair. No one is going to know when there's a mistake."



Rach's Buddy Gretta Says...

Save your bridesmaids some dough, too! Let each choose her own dress, whether it's something she already has or a new purchase for the big day. Just give out a few loose guidelines: a length you prefer and a color family to stay within (for example, tell them that all black looks glamorous, or broaden it to "anything pastel"). Have them incorporate one matching element, like a necklace or pair of shoes, to unify the look.

The branches of these wishing trees came from oak trees on Megan's parents' property in Carmel Valley, California. The notes read, "Please leave a wish for the lovebirds."

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The Second Wedding

This time around, simpler is better.

BRIDE Karen Williamson
GROOM Eddie Howle
DATE October 11, 2008
LOCATION A family friend's home in Moneta, Virginia

Talk about a second chance: "I've had a crush on Karen since I was 13," says Eddie Howle, 41, of his bride, Karen Williamson, also 41, of Columbia, South Carolina. Eddie says the couple drifted apart after an "argument" in eighth grade—luckily, they reconnected via a mutual friend in 2007. Less than a year later, they were wed. "As hokey as it sounds, we picked up right where we left off," Eddie says. Both had been married a decade earlier and wanted this wedding to be more intimate than their first. "When you're younger, you're focused on the party and making sure everyone has the time of their lives," says Karen, who had 200 guests at her first wedding. "Now what was important to us was celebrating our union and bringing our families together." The result? A morning ceremony with 30 of their closest friends and family members, followed by a home-cooked brunch. Says Karen: "I didn't want the details of the wedding to outweigh the beauty and blessing of having finally found my true love!"

Karen's mom belongs to a group called GRITS—Girls Raised in the South. A GRITS "sister" agreed to host the intimate ceremony after Karen fell in love with her home.

PHOTOGRAPHY BY KIMBERLY MILLER/FOTOCHIC.COM.

Gretta Says...

Set on keeping it simple? Say "I do" to an easy updo. Pull back hair into this elegant low bun in no time (set aside 20 minutes in case it takes a few tries), and add a fresh-cut flower or a jeweled barrette to make the look special.

- *Spritz dry hair lightly with gentle-hold hairspray.*
- *Make a low ponytail at the base of the head using a thin hair tie that closely matches your color.*
- *Twist the ponytail tightly, then spray again, lightly. Coil it around the base of the elastic to form a bun, and secure with small bobby pins.*
- *Gently ease the bun apart to hide the elastic. Spray with strong-hold hairspray.*

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The homemade Southern brunch spread included treats like monterey jack-and-bacon-stuffed jalapeños (BELOW) and crab dip. Raspberry mousse tartlets (BELOW RIGHT) replaced wedding cake.

Second Helping

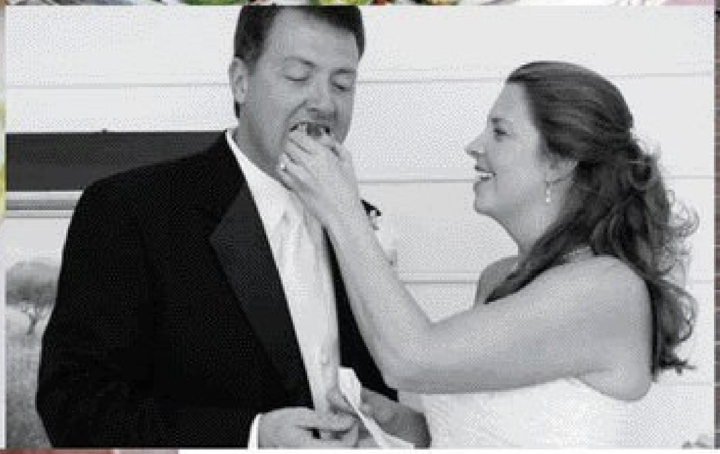
Keep the ceremony mellow, too, with these ideas from New York City wedding planner Jennifer Brisman.

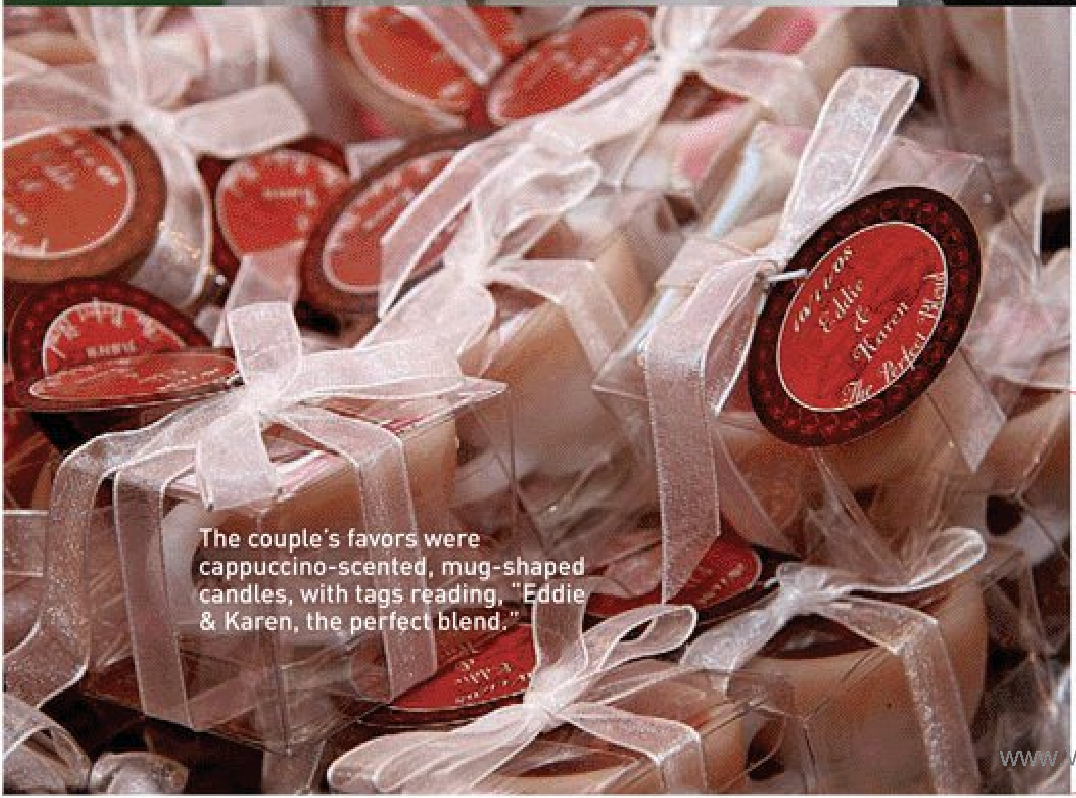
Dress simply. If the bride is wearing a wedding dress, she should go for an unembellished style in off-white or bisque, not stark white. For the groom, Brisman suggests a dark suit with a light or bright solid tie.

Go solo. Well, at the altar. Brisman finds that forgoing a wedding party keeps focus on the couple. Incorporate friends in other ways, like having them give readings or usher guests.

Get intimate. For a cozier vibe, have the couple stand in a V formation, so guests can see their faces, not just their profiles.

Add a personal touch. Says Brisman: "Write your own vows, and write them well. No one wants to hear traditional vows at a second wedding."





The couple's favors were cappuccino-scented, mug-shaped candles, with tags reading, "Eddie & Karen, the perfect blend."

Take It from Us...

Don't forget to plan an equally awesome honeymoon. "The honeymoon is where you spend your time together and enjoy that first week of being married," Howle says. "The wedding is over in the blink of an eye."

web Get 75-plus great ideas for **DIY wedding cakes, favors, centerpieces, recipes and more** at rachaelraymag.com/may.

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The Multicultural Wedding

Couples don't have to share tastes—or even backgrounds—to have a day they'll both love.

BRIDE Lin Yu
GROOM Brett Southworth
DATE August 30, 2008
LOCATION Banff Springs Hotel in Banff, Alberta, Canada

Compromise is practically the definition of marriage, and for Lin Yu and Brett Southworth, it started as soon as he proposed. Their wedding had to blend Brett's Catholicism with Lin's Chinese heritage. Luckily, the lovebirds managed: They settled on a Catholic ceremony, but opted against a church in favor of the Banff Springs Hotel in Banff, Alberta, Canada, which held a fond memory for Lin of a childhood birthday. She wore a traditional white gown for the wedding ceremony, then—since red and gold are traditional colors for Chinese weddings—changed into a red and gold dress for the reception. There were gold sashes tied around all 45 of the guests' chairs, and the invitations were bright red and gold, printed in both English and Chinese. Brett even took a semester of Chinese so that he could say something in that language at the wedding. "He said thank you and that he was very happy to be part of the family," Lin says. "My parents were very pleased."

Lin carried a bouquet of red ginger, which also decorated the tables. The tables' names, like Trust, evoked qualities of a marriage. The bride and groom's table was Double Happiness.

PHOTOGRAPHY BY LEE SIMMONS.

Gretta Says...

Welcome guests to join in (and explore) different customs by inviting them to dress the part: Place a little card in the save-the-date announcement with Web sites or local stores that can help guide guests through their outfit selections. Or pick up a few dozen inexpensive accessories (like Indian bindis, Jewish yarmulkes or Polynesian silk flowers) and leave them in marked baskets by the entrance for guests to wear during the ceremony.

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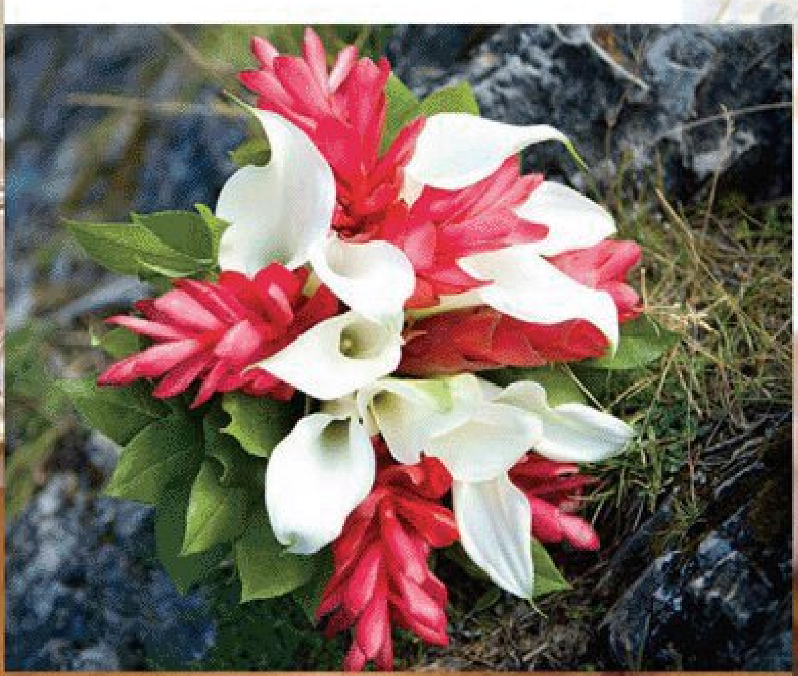
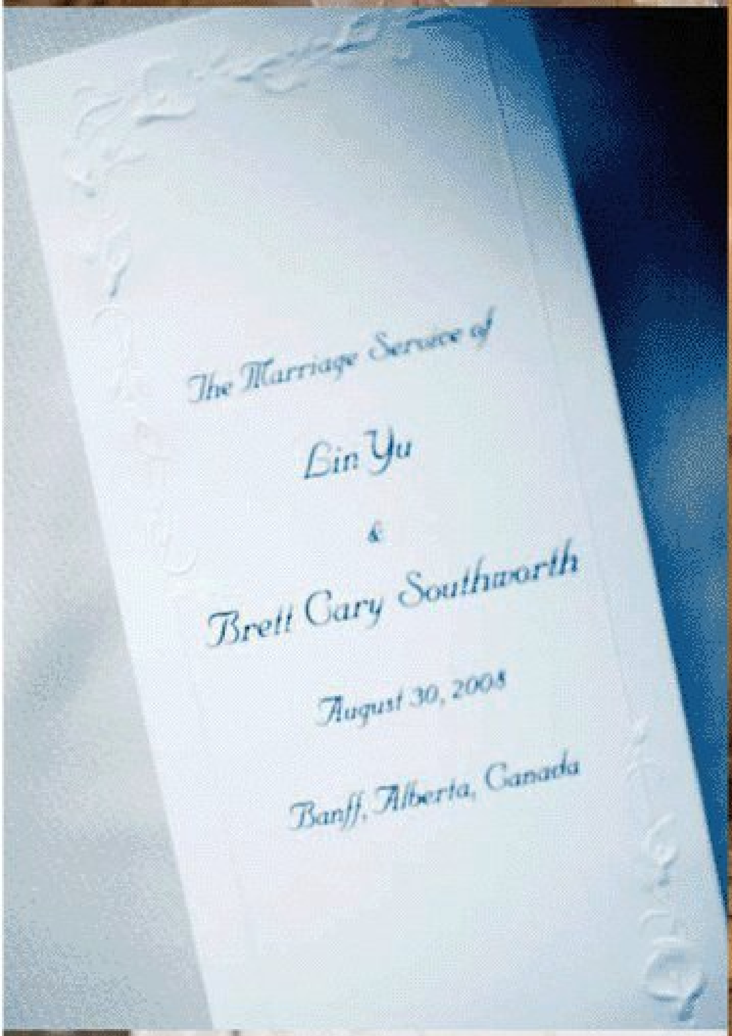
Take It from Us...

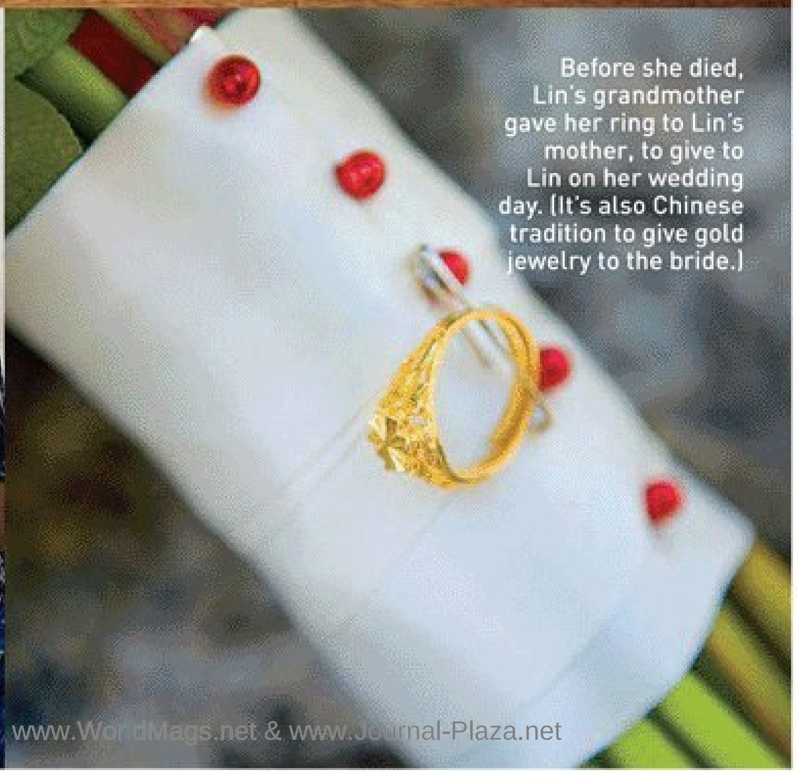
Repurpose your wedding dress. "I had it shortened and wore it again on our first anniversary, which we celebrated in Quebec City," Lin says.



The cake topper was handed down from Brett's grandparents. His father, who passed away shortly after the wedding, also used it.



Lin bought her traditional Chinese dress in New York's Chinatown. "I got it done a month before the wedding," she says, "because you couldn't put on or lose a pound!"



Before she died, Lin's grandmother gave her ring to Lin's mother, to give to Lin on her wedding day. (It's also Chinese tradition to give gold jewelry to the bride.)

Stepping Lightly

Planning a wedding that's reflective, and respectful, of two backgrounds can be tricky. Don't worry: Etiquette expert Peggy Post is here to help.

Whether their differences are religious, cultural or financial, **the most important first step is that the soon-to-be husband and wife get on the same page**, says Post, of The Emily Post Institute. They should talk about their own vision for the ceremony before involving anyone else (think nosy siblings or meddling mamas). When they're ready, the bride alone should speak to her family, and the groom to his, so that everyone feels freer to express concerns. "It's not to be secretive," Post says, "but simply to make everyone more comfortable." And while, yes, it's ultimately your day, Post suggests couples listen to and keep an open mind about parents' ideas and concerns. "Think about it before saying no," she says. "Try to incorporate some of what the parents want."

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The *Destination* Wedding

Picture-perfect? Sure. Postcard-perfect? Now we're talking.

BRIDE Rachel Goldberg
GROOM Michael Rosenblum
DATE October 24, 2009
LOCATION Ceiba del Mar Beach & Spa Resort in Puerto Morelos, Mexico

Forget that old dilemma of barely remembering your nuptials: Rachel Goldberg, 29, and Michael Rosenblum, 35, have plenty of fond recollections of their wedding—all three days of it. Rachel and Michael crafted a destination wedding weekend in Puerto Morelos, Mexico, complete with entertainment for 95 friends and family members. The weekend kicked off with a welcome reception and karaoke party on Thursday night. On Friday, before the rehearsal dinner, there was a snorkeling trip and tour of the area's popular cenotes, or water-filled sinkholes. Rachel's aunt led a yoga class on Saturday morning before the afternoon ceremony. Everyone also received treats upon arrival: a welcome note, tequila, cleaning wipes by Method (where the bride works), and SPF 85 sunscreen (courtesy of the dermatologist groom). The latter came in especially handy for all the poolside time—something even the bride had a chance to enjoy, since a wedding planner was part of the resort's package. "I was in the pool until an hour and a half before the ceremony," she says. "We were almost like guests at our own wedding."

The wedding was beachy right down to the footwear—Rachel chose flat sandals for her sandside nuptials.

PHOTOGRAPHY BY MORGAN LYNN PHOTOGRAPHY

Think Like a Local

A venue isn't just a venue: It's a world of its own, with unique music, flowers and foods. Your piece of it should reflect that. "We don't want to bring Beverly Hills to Mexico," says event planner Lisa Vorce of L.A.-based Oh, How Charming!. We asked Vorce for some of her favorite on-location touches.

→ A region's specialty foods shouldn't be overlooked. For a wedding in the Caribbean, Vorce put conch on the menu because it's indigenous to the area. (Bonus: Local foods are often more cost-effective.)

→ Ditto on the drinks. For a wedding she planned in France's Loire Valley, guests received bottles of locally produced Cointreau; at a wedding in Mexico, there was a tequila-tasting bar at the reception.

→ Destinations can inspire decor, too. Vorce likes to check out what's abundant in a locale. Case in point: Turks and Caicos, where sea wheat grows wild. Vorce incorporated some into the flower arrangements at a reception she planned there.

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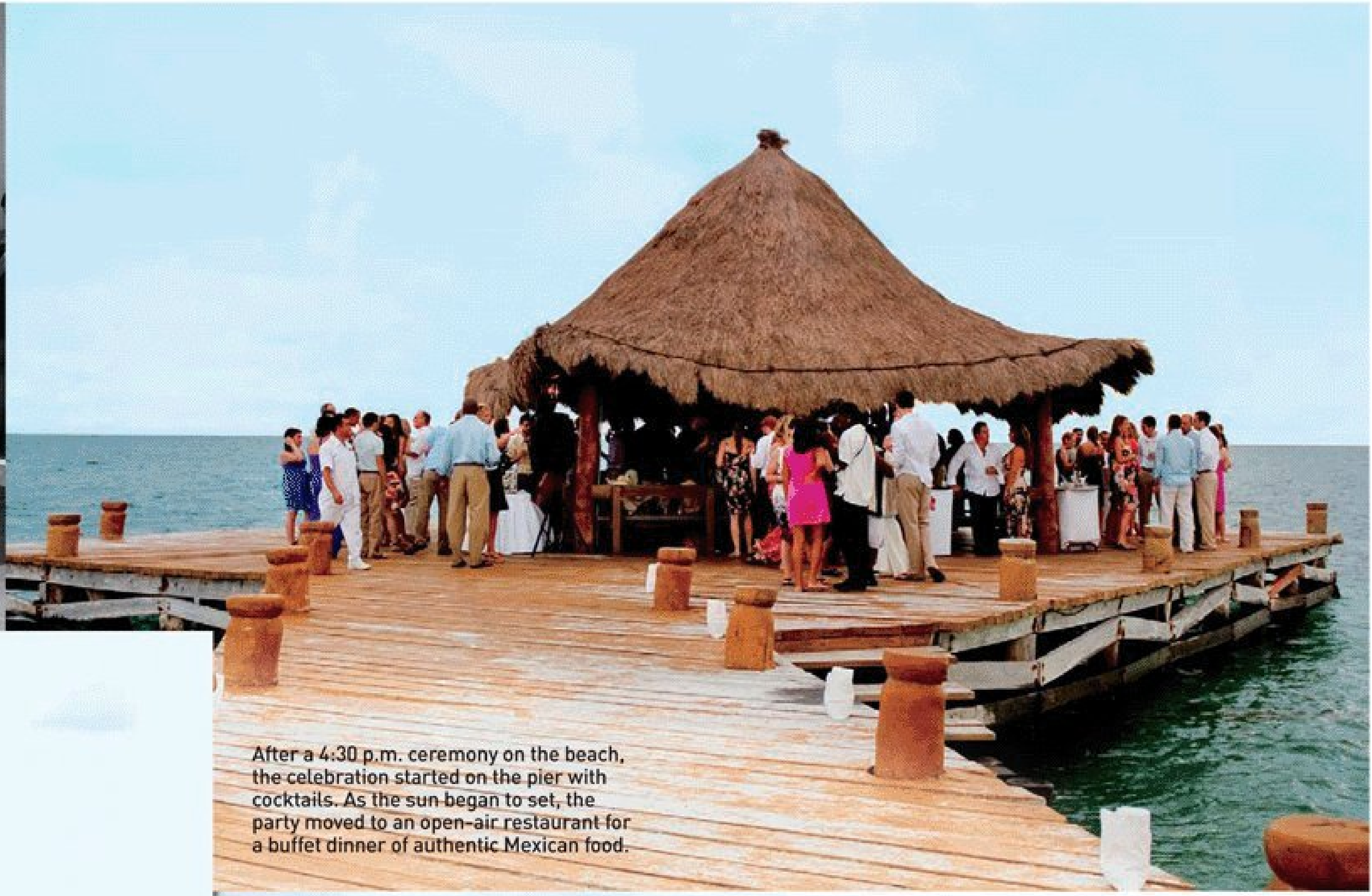
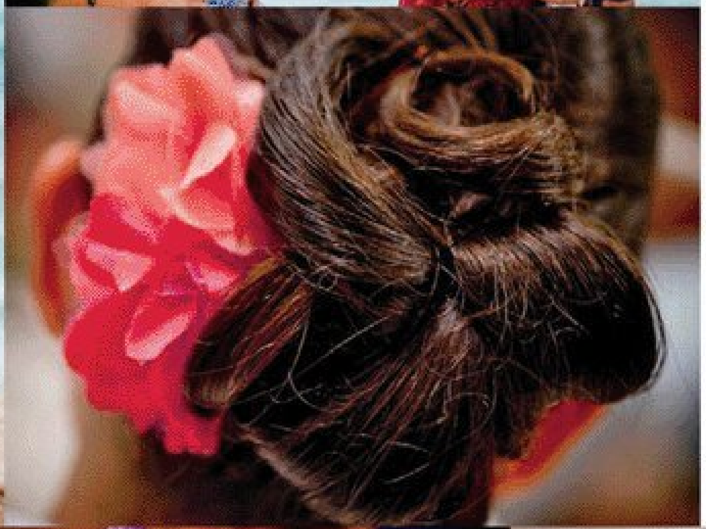


After a 4:30 p.m. ceremony on the beach, the celebration started on the pier with cocktails. As the sun began to set, the party moved to an open-air restaurant for a buffet dinner of authentic Mexican food.

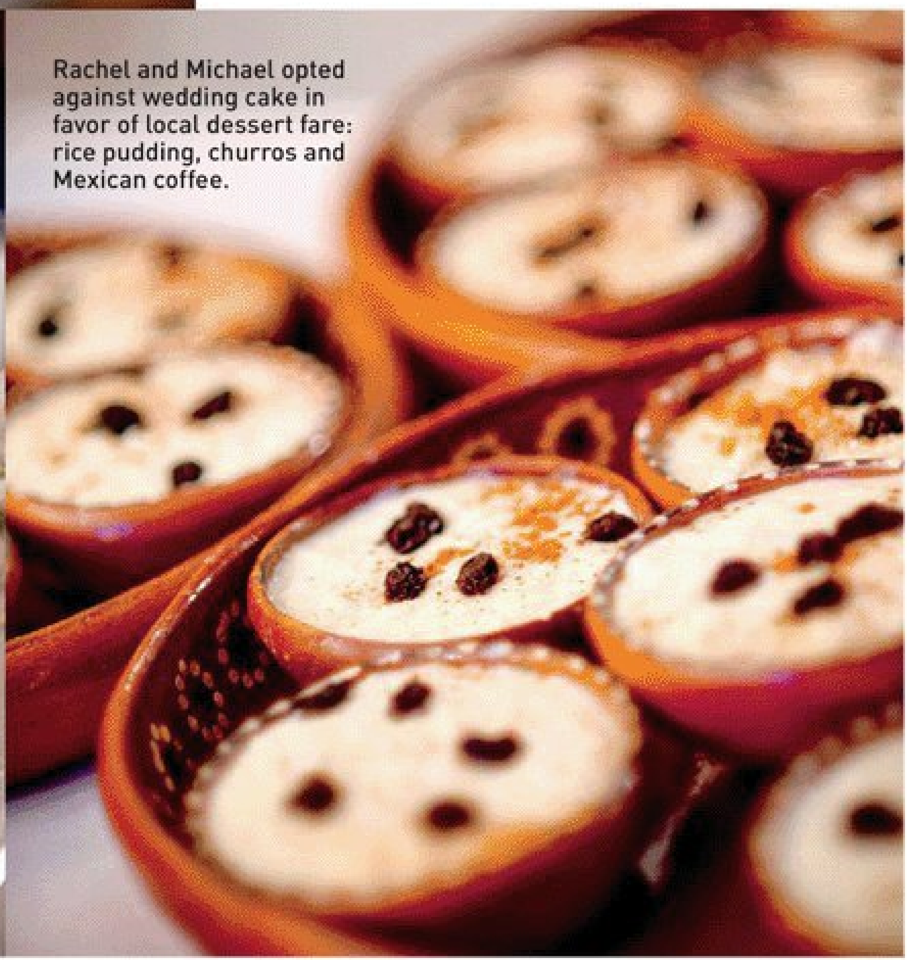


Gretta Says...

Hiring someone you've never met to do your hair and makeup doesn't have to be risky business. Ask the hotel to recommend a salon, then check out prices and read customer reviews online (try yelp.com). To see the stylist and the digs for yourself, ask if you can set up a video call through Skype. Before leaving home, work with your regular stylist to get your hair into the condition, color and shape you want, and play with some trial 'dos. Take pictures (get every angle) of one you like, and ask your stylist for any buzzwords that could help communicate the look to someone else once you get there. If there's time, meet your on-location stylist and chat about final details. If bad vibes strike, you still have time to seek alternatives.

Take It from Us...

Expect mistakes! "Someone who got married 40 years ago told us, 'Not everything will go right, and you have to know that going in,'" says Michael. "I went in expecting things to go wrong, and when they didn't, I was pleasantly surprised. The only mistake was that at the rehearsal dinner, they used $100 bottles of tequila in the margaritas. I hadn't specifically told them to use Cuervo for margaritas versus those bottles for sipping. But it's not so bad when you think of it."



Rachel and Michael opted against wedding cake in favor of local dessert fare: rice pudding, churros and Mexican coffee.

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Guest Services

On the invite list? We've got plenty of pointers for you, too, dearly beloved.

IF YOU'RE ATTENDING A...

Backyard Wedding

→ Volunteer Your Talents

Do you have a skill that would be valuable to your betrothed buddies, such as calligraphy, graphic design or flower arranging? Tell them! "Say, 'This is my wedding gift to you.'" Kaforey has seen plenty of examples of this gift-by-talent in action: One groom's baker mother did the wedding cake; another bride's uncle handmade a sign that read "Getting Hitched" on one side and "Got Hitched" on the other. Even the smallest things count, Kaforey says—especially if your friends are working on a tight budget. (Translation: Anyone can help put stamps on invites.)

IF YOU'RE ATTENDING A...

Second Wedding

→ Follow the Leaders

Generally, says Brisman, second weddings aren't as formal. "The couple is going to be more low-key," she says. "They might greet guests at their tables, but not be over-the-top on the dance floor." Don't be surprised if the meal and drink options are simpler, or if there's no bridal party (so no biggie if you weren't asked to participate). Depending on the couple's financial situation, they also may not want gifts. If that's the case but you'd still like to give something, Brisman suggests making a donation to a charity that is meaningful to the bride and groom.

IF YOU'RE ATTENDING A...

Multicultural Wedding

→ Know What to Expect

Weddings bring out all kinds of traditions; do some research beforehand so you don't feel out of place. For example, says Post, at many Jewish weddings, every male guest, regardless of his faith, is required to wear a yarmulke. Likewise, at many Catholic weddings, only Catholics are invited to take Communion—however, at other Catholic ceremonies, the priest asks all Christians to join in Communion. What to do? "Go with the flow," Post says. You might find that the couple has included cultural information (e.g., customs, notes on attire) on their wedding Web site, or has printed explanations in the programs that are passed out as guests are seated. If you're confused, just ask the friend getting married or another friend from the same background.

IF YOU'RE ATTENDING A...

Destination Wedding

→ Plan Accordingly

Many couples make things easy for traveling guests by creating a wedding Web site full of pertinent details, from where to stay to where to eat. In case you're in the dark, heed this advice from Vorce:

① Find out how far the airport is from the hotel—and what's involved in getting there. "Getting to the hotel may require an hour-long car ride, or a car and then a ferry," Vorce says.

② Do you need a passport or visa? If so, make sure yours hasn't expired (and won't by wedding time). Allow four to six weeks' turnaround time for passport renewal.

③ If your destination requires immunizations or vaccines, make an appointment with your doctor ahead of time.

④ Check with international hotels to see what kind of adapters you'll need for laptops or cell phones.

⑤ Get at least some money exchanged pre-trip so that you have it upon arrival for taxis, tips, etc.

⑥ Research weather patterns before you pack. "In the Caribbean, it's 88 degrees during the day, but it can get chilly at night," Vorce says. And it never hurts to pack an umbrella.

GUESTBOOK BY LEVI BROWN, PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES.

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Breaking from Tradition

Forget the classic pomp and circumstance. From citified ceremonies to onstage "I do's", these couples prove that a little creativity can go a long way.

1 Retro Reception

BRIDE & GROOM Carrie Giffen & Zack Kiefer
DATE August 15, 2009
LOCATION Southminster Presbyterian Church, Prairie Village, Kansas; The Lodge at Ironwoods, Leawood, Kansas

➔ The Lodge at Ironwoods fit Carrie Giffen and Zack Kiefer's retro-picnic vision because of its barn, which was red (Carrie's favorite color) and large (to hold 260 guests). The couple worked cherries into the theme, too, because, like husband and wife, two cherries on a stem are linked. The key to combining these touches was subtlety, from the bride's red shoes to the groom's and groomsmen's red Swiss dot ties. "We didn't take one element too far," Carrie says. The picnicky BLTs were topped with cherry tomatoes, and Carrie's mom made 35 pies, including (yes) cherry.

2 Chic City Celebration

GROOM & GROOM Sean Higgins & Joe Jasper
DATE September 12, 2009
LOCATION Chicago Illuminating Company, Chicago

➔ Just five friends witnessed the official marriage of Sean Higgins and Joe Jasper at a city hall in Connecticut—one of only four states that recognize gay marriage—but 200 were on hand when the couple redid their vows at home in Chicago. "We wanted a party—a fun, classy party," says Sean. And how: Cocktails, dinner and dancing followed in an industrial warehouse, which featured modern art and huge industrial mirrors. Afterward, half the guests joined the couple on a double-decker bus tour of the city. The pair got separated during the ride—Joe was downstairs and Sean was upstairs—but they were reunited at Trader Vic's, where the celebration continued.

3 Barnyard Bash

BRIDE & GROOM Sasha Conroy & Darren Maynard
DATE September 26, 2009
LOCATION Apple Barn Farm, Livingston, New York

➔ Sasha Conroy, who grew up on a farm, and groom Darren Maynard found their dream venue: one with a barn, a bonfire and an outdoor space that felt like the middle of nowhere. "You couldn't see anything but trees, orchards and horses," Sasha says of Apple Barn Farm. She wore cowboy boots with her dress, and Darren donned his family's Scottish tartan. The fare was down-home, too, from the jugs of apple cider to the barbecue beef and s'mores around the bonfire. The couple also organized a tractor ride (and babysitters!) for the kids.

4 Rock 'n' Roll Romance

BRIDE & GROOM Rachel Seiden & Josh Baron
DATE August 16, 2009
LOCATION Music Hall of Williamsburg, Brooklyn, New York

➔ When friends offered Josh Baron, editor-in-chief of music magazine *Relix*, and his associate publisher, Rachel Seiden, the chance to wed at Music Hall of Williamsburg, they didn't hesitate. Their names were on the marquee outside, while inside, the Jewish ceremony took place onstage, with 250 guests watching from the floor and balcony. Of course, music played a big part, too: The couple's first dance was to Patty Griffin's "Heavenly Day," and the best man's speech included a saxophone solo. "It really was a great musical experience," Rachel says.

BACKGROUND PHOTOGRAPH BY LEVI BROWN; PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES. RETRO, WIRKEN PHOTOGRAPHY; CHIC CITY, JAMIE WINDON; BARNYARD BASH, JADE O'CONNELL/UPLIFTPHOTOGRAPHY.COM; ROCK 'N' ROLL, DAPHNEANDMICHELLE.COM.

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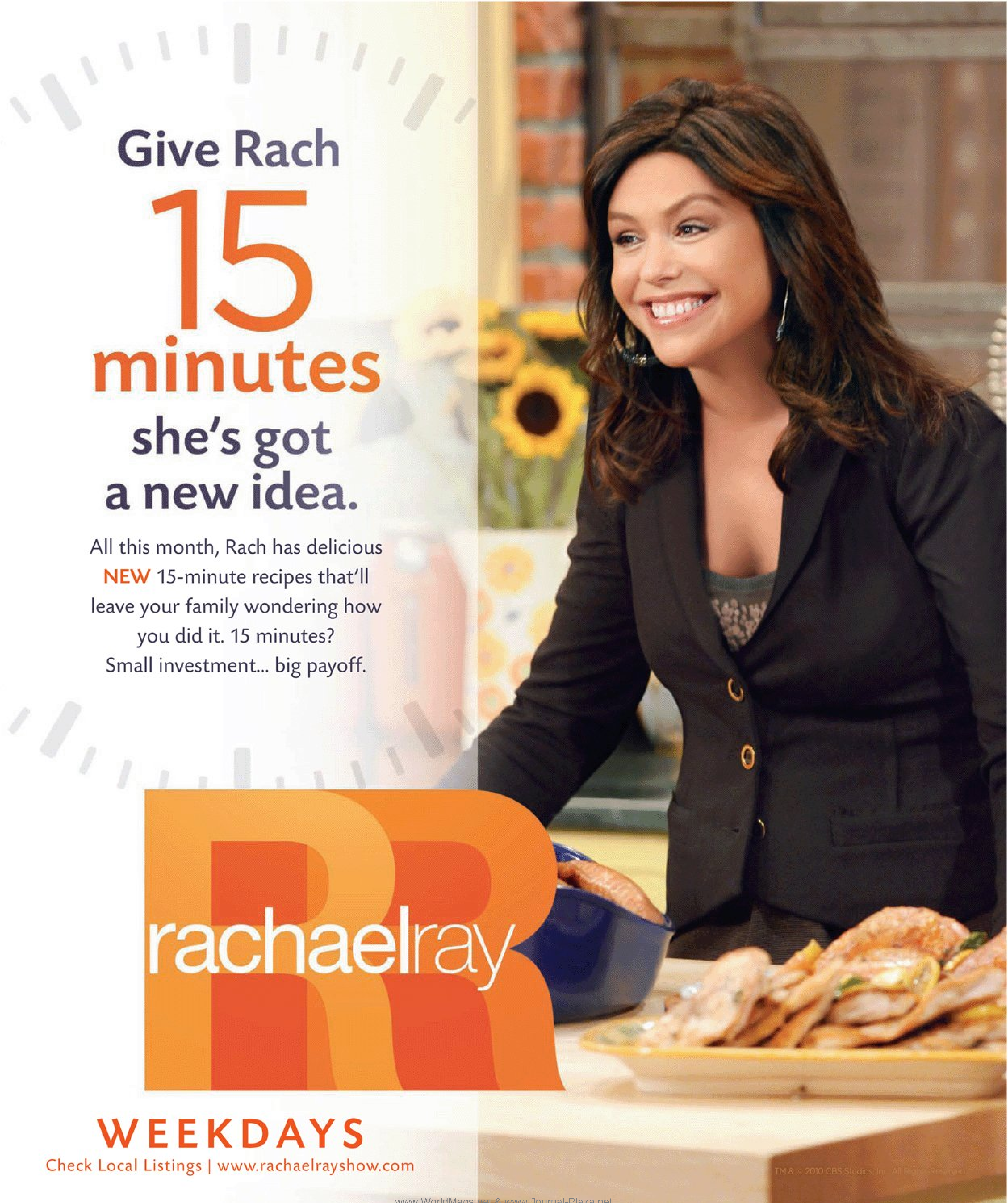

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go away

your ticket to a great escape

save face

It takes your skin about 48 hours to recuperate from flying. To avoid looking red and flaky in vacation snapshots, just moisturize on the plane.

Turn for more look-good, feel-good tips. →

PHOTO, GETTY IMAGES. ILLUSTRATIONS BY CARLOS APONTE.

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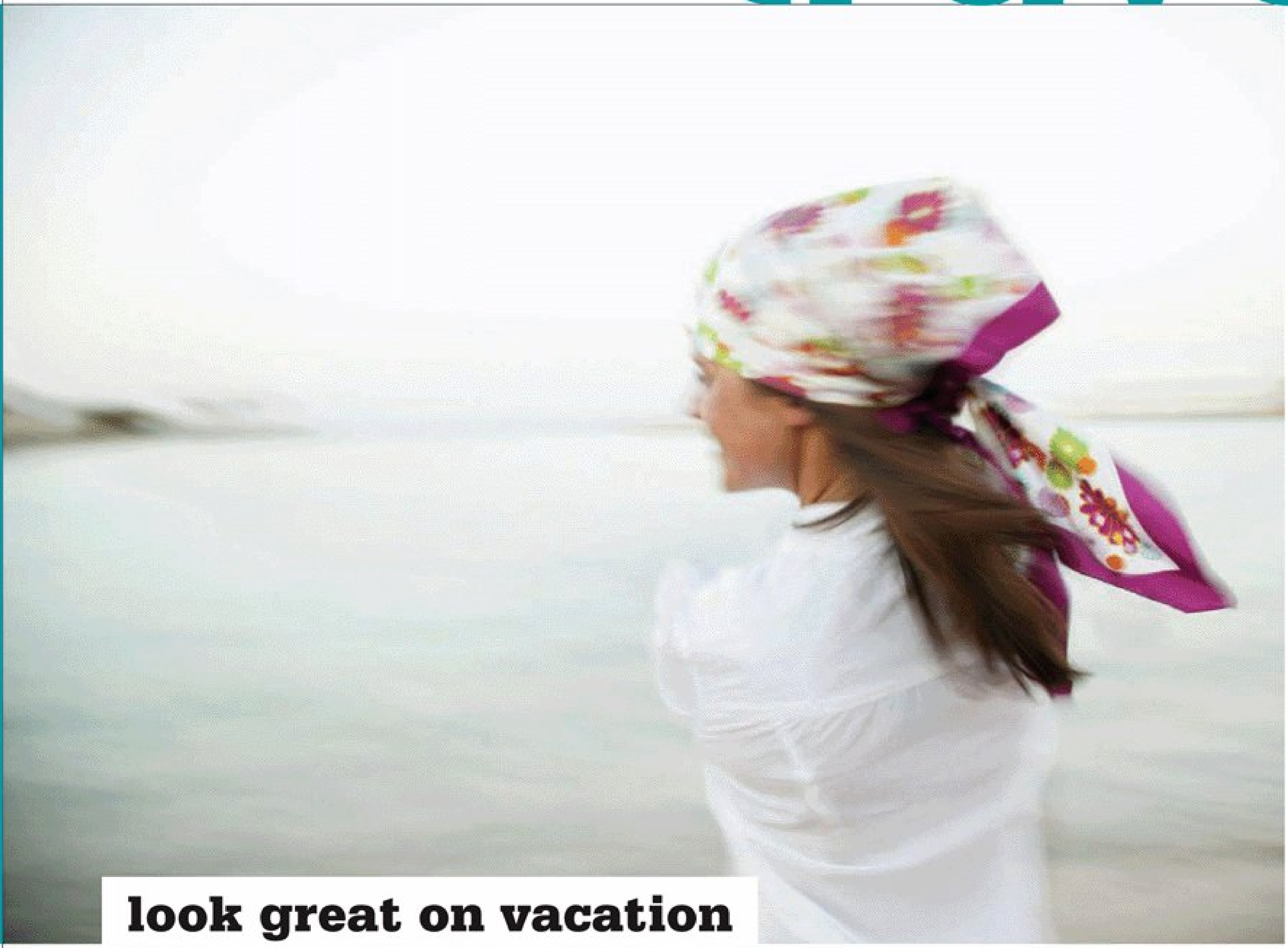

look great on vacation

Prepare to turn heads and feel your best, on the plane ride and at your destination. BY CELESTE PERRON

hydrate yourself Your skin gets mighty thirsty on a plane. Tote a tiny, TSA-approved spray bottle of water and spritz your face, neck and the back of your hands every hour or two. Immediately apply a rich moisturizer to trap the H_20.

LAYER ON Multiple light pieces are the way to go, as plane temps can ricochet between tropical and teeth-chattering. Try a thin tee, a **bright hoodie** and an anorak over leggings. Stick to flight-friendly fabrics, like cotton-lycra blends and lightweight wool, because they're comfy and breathable, and they rarely wrinkle.

PULL BACK Plane air leaves hair lifeless and oily at the roots (your scalp goes into overdrive to fight off dry conditions). Skip the styling and go for a low pony, which will look neat and keep hair from getting unruly. **Brush** your hair once in the bathroom to distribute the oils from your scalp onto the dry hair below.

SOCK 'EM Pick **shoes** that are easy to slip in and out of, which you'll need to do at security and might want to do once you're in the air. And always wear socks, so your feet don't get cold on the plane—and so you won't have to be barefoot on the much-trafficked floor under the airport metal detector (yuck).

RUB ON Tote the all-purpose miracle potion **Smith's Rosebud Salve** *($4.25, rosebudsalve.com)*. It can be applied to lips, cheeks and eyelids to prevent chapped lips and skin, and will keep you glowing—and smelling subtly sweet—across several time zones.

MAIN PHOTO, GETTY IMAGES; HOODIE AND SNEAKERS BY BOYLE & GARDNER; PROP STYLING BY SHARON RYAN FOR HALLEY RESOURCES; BRUSH, ISTOCKPHOTO.COM.

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what to wear now

Style tips for every spot on the map

BEACH

THE LOOK: a **shorts romper** with wedge sandals and a wide-brimmed raffia hat. Keep your hair loose and wear simple beaded bracelets.

• **Victoria's Secret Very Sexy Split-Sleeve Romper** *($45, victoriassecret.com)*

STYLE "A loose romper with a little elastic at the waist is cuter than a tunic at the beach and **just as comfortable**," says New York City fashion director Victoria Sanchez-Lincoln. "And you can wear it straight out to lunch or sightseeing."

BEAUTY Pack no-fuss sunscreen towelettes that you just swipe across your skin. "Unlike lotions, these will **never create a mess in your bag**," says Sanchez-Lincoln.

FEEL-GOOD FACTOR "After a day at the beach, nothing feels better than **cool aloe vera lotion** on your skin," says Sanchez-Lincoln. Buy it at a local drugstore, then stash it in your room's minifridge to chill. "It's soothing, which is especially important under the hot tropical sun."

CITY

THE LOOK: slim, dark jeans with **ballet flats**, a striped tee and a lightweight trench coat. Accessorize with a bright tote and Lucite necklaces.

Fitzwell Dyan Flats *($69, zappos.com)*

STYLE The secret for looking and feeling at home in any metropolis is wearing basic pieces in neutral colors, dressed up with accessories, says Sanchez-Lincoln. "**Lucite jewelry adds a modern look** and is inexpensive, so you don't have to stress about leaving it in the hotel room."

BEAUTY "Wear a bright lip gloss," says Sandra Soich, a Miami stylist. "**Using lip color is the easiest way to look 'done,'** but unlike lipstick, you can apply gloss all day without it getting cakey. You don't even need a mirror." (Perfect for hours of sightseeing.)

FEEL-GOOD FACTOR "**Uncomfortable shoes can ruin your trip**," says Soich. Fitzwell's have padded soles and built-in gel inserts. Bring bandages, just in case.

MOUNTAIN

THE LOOK: cotton cargo pants with two loose, scoop-neck tank tops—one bright, one neutral. Wear a **cross-body leather bag** with sporty sandals.

Street Level Cross-Body Studded Bag *($75, piperlime .com)*

STYLE "This bag **keeps your hands free while you're exploring**," says Sanchez-Lincoln. Stuff a light jacket in your bag, even if it's sunny, says Candis Ayers, spa director at the St. Julien Hotel & Spa in Boulder, Colorado. "Storms roll over the mountains out of nowhere."

BEAUTY "Dry air can cause static," says stylist Elad Bentov of New York City's Valery Joseph Salon. To help, **skip the heat styling**—the blow-dryer shouldn't join your vacation anyway.

FEEL-GOOD FACTOR "The altitude dehydrates you, so **drink tons of water**," says Ayers. "I put decaf tea bags at the bottom of my water bottles to infuse them with flavor," says Suzanne Stonebarger, a pro volleyball player and skincare specialist.

DESERT

THE LOOK: a flowy white linen dress with simple metallic sandals, big sunglasses, a floppy hat and a canvas tote bag.

Gap Chambray Floppy Beach Hat *($24.50, gap.com)*

STYLE "Loose white linen or cotton doesn't absorb heat," says Soich. **Relaxed fit is key**—with anything too fitted, you risk sweat stains. Remember that desert temps can drop drastically after dark. "Add a cardigan or shawl," says Soich.

BEAUTY Dust your cheeks with **bronzer or bright blush**. "Adding contour and color to your cheeks will make you pop in pictures," says Stonebarger, who lives in Phoenix.

FEEL-GOOD FACTOR "Get up with the sun," says Samantha Malone-Telesford, spa director at the Ritz-Carlton in Marana, Arizona. "**Desert sunrises are gorgeous**, and rising early allows you to be outside before it gets hot. Then take a midday nap when the sun is at its peak."

PHOTOGRAPHY BY BOYLE & GARDNER; PROP STYLING BY SHARON RYAN FOR HALLEY RESOURCES.

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PHOTOGRAPH BY LEVI BROWN; PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES.

honeymoons: they're not just for newlyweds anymore.

Remember your honeymoon? Maybe not—you were so overwhelmed and giddy and exhausted. So we say: Do it all over again. We found deals that make it possible: You can spend five nights in Thailand for $270(!) or—even better—win a free dream trip to Hawaii. Oh, and if you're about to tie the knot, congrats! We've just planned the most romantic trip of your life.

BY **ELAINE GLUSAC**

WHERE? According to Virtuoso, a network of more than 6,000 travel advisers, the most popular budget-friendly honeymoon destinations in 2009 were... 1. Mexico 2. Las Vegas 3. Jamaica 4. Costa Rica →

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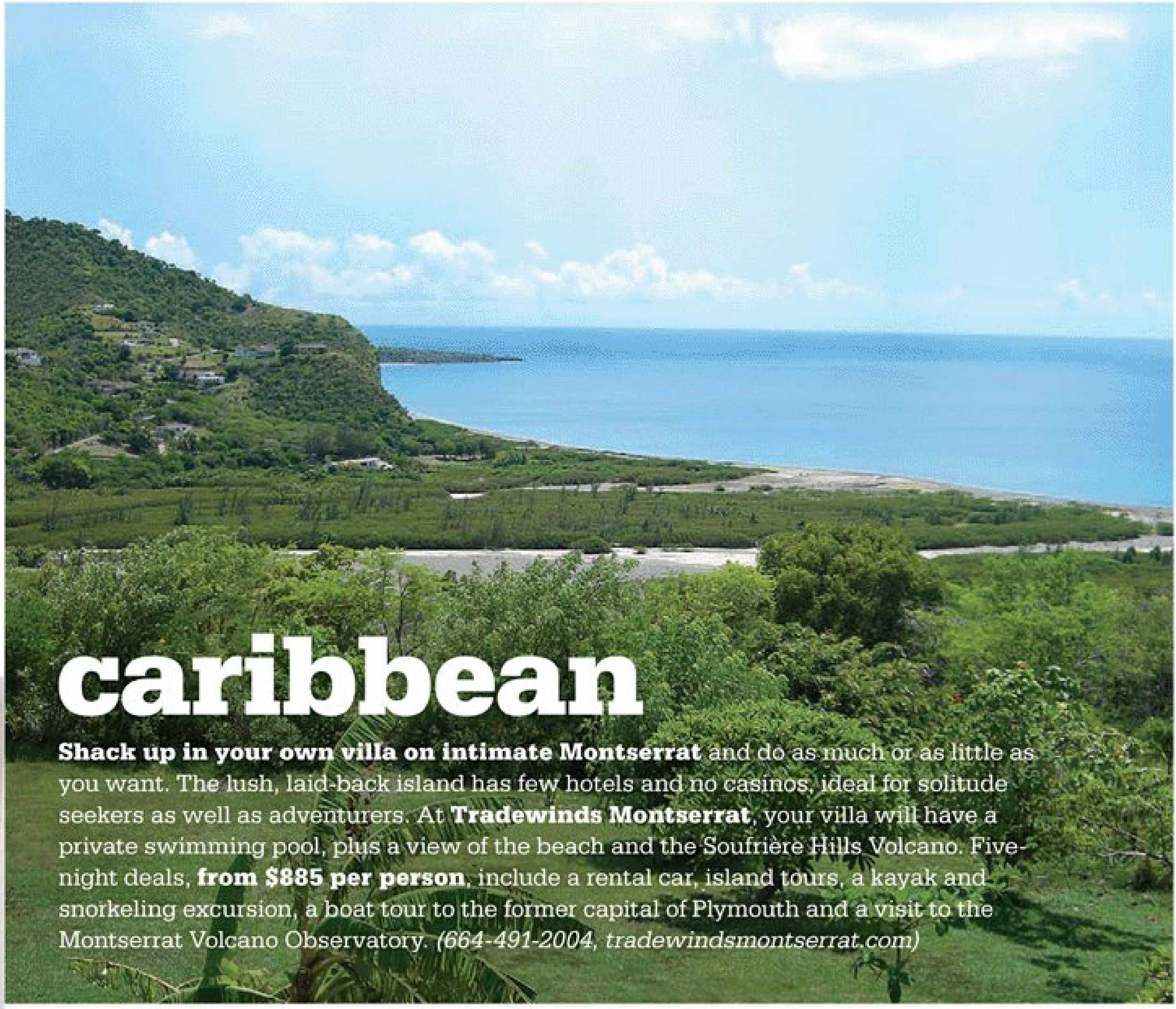
best deals for duos

We found amazingly cheap and romantic trips that'll do you right, whether you want to chill by the ocean or tango in the streets of Argentina.



caribbean

Shack up in your own villa on intimate Montserrat and do as much or as little as you want. The lush, laid-back island has few hotels and no casinos, ideal for solitude seekers as well as adventurers. At **Tradewinds Montserrat**, your villa will have a private swimming pool, plus a view of the beach and the Soufrière Hills Volcano. Five-night deals, **from $885 per person**, include a rental car, island tours, a kayak and snorkeling excursion, a boat tour to the former capital of Plymouth and a visit to the Montserrat Volcano Observatory. *(664-491-2004, tradewindsmontserrat.com)*

mexico

If you're looking for sun, sand and complete relaxation (and really, who isn't?), say *hola* to a beach chair at the **Catalonia Royal Tulum Beach & Spa Resort** on the Riviera Maya. An hour south of the Cancun airport, the resort sits on a blinding white-sand beach. **$178 a night for two** includes all your meals and drinks in seven restaurants, kayak and snorkeling-gear rental, a scuba lesson and nightly entertainment. A $60-per-night upgrade gets you a larger "honeymoon room," which includes two massages, sparkling wine, flowers and a professional photo of the two of you. *(888-774-0040, cataloniaroyaltulum.com)*

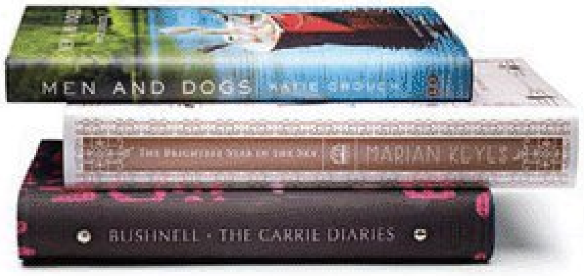
europe

The stingy euro-to-dollar exchange rate makes most of Europe a price gouge. But a Mediterranean cruise can get you there, move you around, and feed and entertain you at a great rate. Trust the Italian line **Costa Cruises** for romance on the high seas. The 1,500-cabin Costa Serena sails in and out of Venice all spring and summer, offering **$619 eight-day itineraries** that stop at top Med sights, including home-of-the-gods Olympia in Greece; the Roman ruins of Ephesus in Turkey; teeming, vibrant Istanbul; and the seaside walled city of Dubrovnik, Croatia. *(877-882-6782, costacruise.com)*

BOOKS BY LEVI BROWN; PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES. VENICE, STEPHEN WILKES/GALLERYSTOCK.COM.

POOL READING

Anne Bartholomew, senior books editor at amazon.com, recommends these new and addictive books.



Men and Dogs **by Katie Crouch**
($24) The hilarious yet self-destructive Hannah proves you *can* go home again, in this case to Charleston—and a sexy ex-boyfriend.

The Brightest Star in the Sky **by Marian Keyes**
($27) Welcome to the Dublin version of *Melrose Place.* This juicy novel follows the escapades of seven neighboring friends and lovers.

The Carrie Diaries **by Candace Bushnell**
($19) This prequel to *Sex and the City* introduces high-school-age Carrie Bradshaw and her early encounters with love and fashion.

5. Florida 6. Dominican Republic 7. Belize 8. Canada 9. Argentina 10. Thailand **WHEN?** There were 2,162,000 marriages in 2008, with July and August the most popular wedding months. Of those couples,

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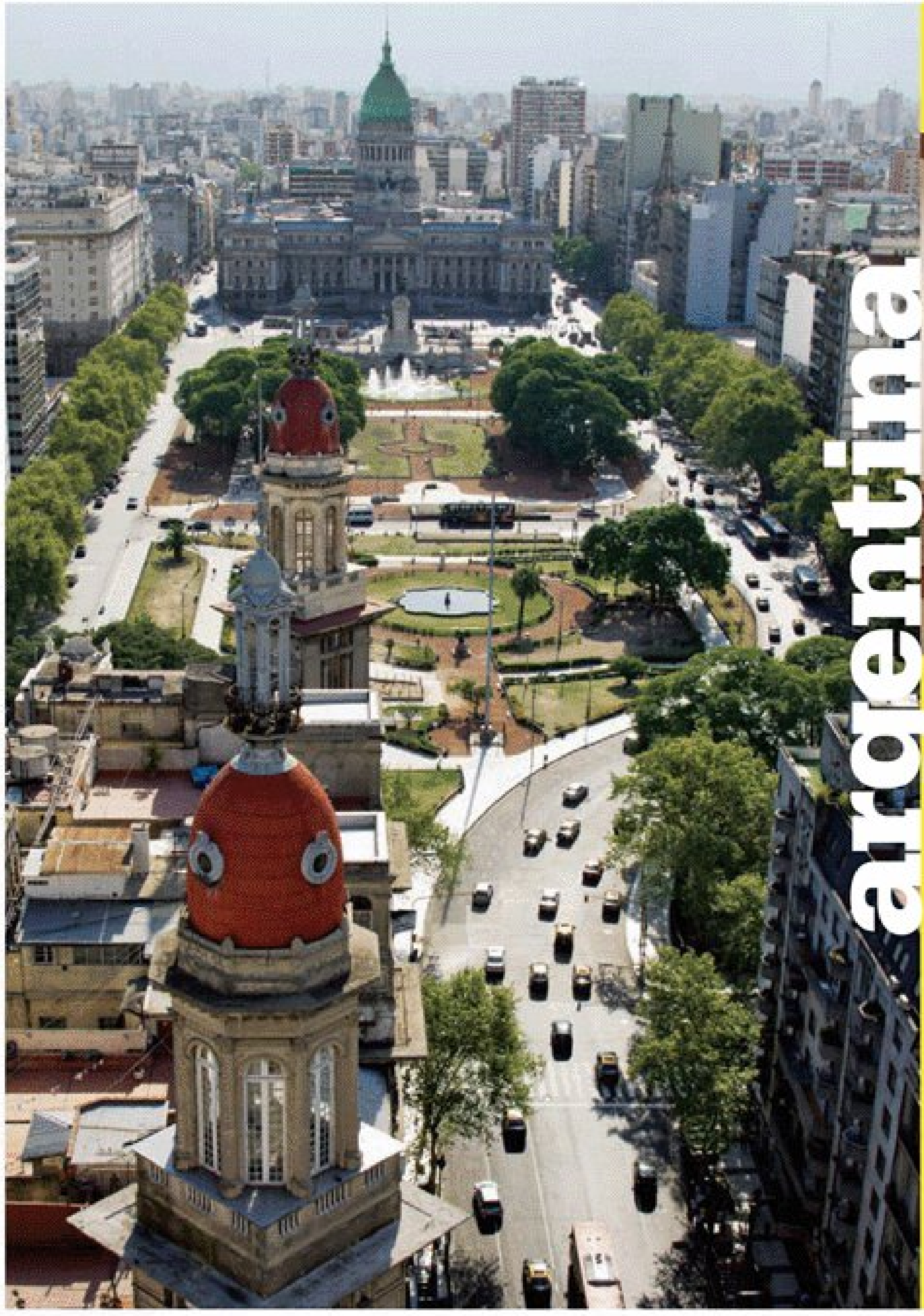

argentina

Give the tango a whirl in Buenos Aires, a South American capital with a European soul. **Untours** will pick you up from the airport and set you up with a city apartment for two weeks, **from $999 per person**. You're on your own to dine, dance and shop (leather and antiques are bargains here), but the Untours rep will offer advice and give you a gratis two-day bus pass. There are similar Untours deals to be had in many spots, including Tuscany, Provence and Greece. *(888-868-6871, untours.com)*

BUY US A HONEYMOON!

According to theknot.com, honeymoon registries spiked by 50 percent in 2009, from 8 percent of couples surveyed to 12 percent. Whether you should open one depends on your stage of life. Ask yourselves, **"What do we want more, the china or China?"**

For young couples starting out, the honeymoon gift might be extraneous. If you're 30-plus and already have your pots and pans, you might consider it.

Check out **honeyfund.com**, an independent registry that allows couples to set up their own wish-list Web site and channels all funds to them directly via either checks or a PayPal account. At the other end, **distinctivehoneymoons.com** offers consulting, with up-front fees of $150. Whatever registry you choose, be sure to ask about fees.

Don't expect guests to foot the entire bill. Some people would rather buy something tangible. More than likely, you'll pay for the basics, and others will give you the frills.

thailand

Explorers looking to comb the legendary beaches of southern Thailand can do it hassle-free with Bangkok-based **Exotissimo Travel**. The tour operator offers a five-day self-drive tour from **from $270 per person** (total!): You'll start on the strands of Phuket and travel around the south Thailand peninsula. Ride an elephant in the evergreen rainforest of Khao Sok National Park, snorkel the Andaman Sea at Krabi and take a boat trip to the iconic rock monolith known as James Bond Island. Overnights are prebooked in comfortable lodgings—two resorts and one cottage—and breakfast is included. *(thailand@exotissimo.com, exotissimo.com)*

LASER BY LEVI BROWN; PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES. ARGENTINA AND LAS VEGAS, GETTY IMAGES.

las vegas

Las Vegas is the honeymoon mecca of America, a neon-lit, nonstop celebration. This year **MGM Grand** is offering a package **from $69 nightly** that includes a split of champagne, a two-for-one dining credit, 25 percent off spa services and two daily gym passes. With the savings, buy tickets to the hotel's outstanding show *KÀ* by Cirque du Soleil—a better investment than slots. *(Deal good from May to August, 800-929-1111, mgmgrandcom; use code MKT369)*

99 percent took a honeymoon, according to thehoneymoon.com. Eight out of 10 couples take their honeymoon within a week of their wedding, says *The Knot*. HOW LONG? The average honeymoon is eight

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THE RIGHT SITES

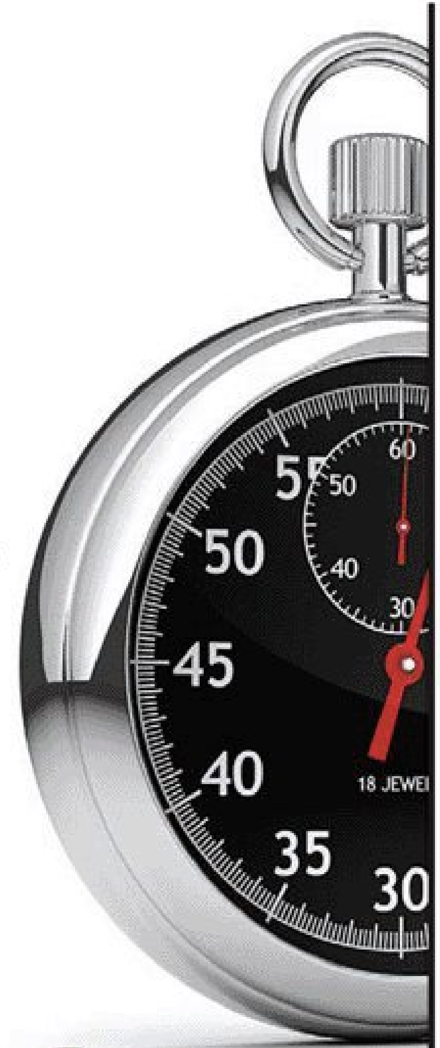
moonrings.com
is the site of a honeymoon-specialist company offering a destination chart that rates popular places on pampering, culture, food and more—helpful even if you don't use one of their (reasonably priced) consultants to book your trip.

globalbasecamps.com
links you to eco-friendly lodgings around the world. The site divides up destinations, then breaks them down by hotel or lodge to estimate costs—and those can be pretty sweet! Think Ecuador, starting at $70 per night.

travel-ticker.com
lists a slew of travel deals and spells out the costs and extras. All packages have been staff-tested and -approved.

TIMING IS EVERYTHING

Don't feel compelled to leave the morning after the vows. Travel experts say more couples are waiting for the right time or the right price. The sagging economy has generated deals year-round, but as it recovers, look to traditional low and shoulder seasons for the best travel incentives—and often, good weather. Those include late spring and summer in Mexico and the Caribbean, fall and spring in Europe. If you can save 50 percent by waiting three months, it truly pays to hold out. Couples putting off the big trip has led to the rise of the "minimoon," a short post-wedding trip that celebrates the occasion at a nearby locale. Pick the best nearby hotel you can afford and enjoy it—even for a couple of nights.



✻ WITH A LITTLE HELP FROM OUR FRIENDS

Tips provided by: **Anne Bartholomew**, senior books editor, amazon.com • **D. Paula Demmer**, travel agent, Travel Leaders • **Scott Ellingboe**, CEO, thehoneymoon.com • **Tamsyn Fricker**, travel agent, Travel Artistry Africa • **Jessica Griscavage**, travel agent, McCabe Travel • **Donna Keane**, director, Distinctive Honeymoons • **Barbara Messing**, vice president, Travel Ticker • **Katie Nida-Rovano**, publicist, *The Knot* • **Carley Roney**, editor-in-chief, *The Knot* • **Gabe Saglie**, senior editor, travelzoo.com • **Susan Breslow Sardone**, about.com's *Guide to Honeymoon Travel* • **Susan Tanzman**, president, Martin's Travel & Tours

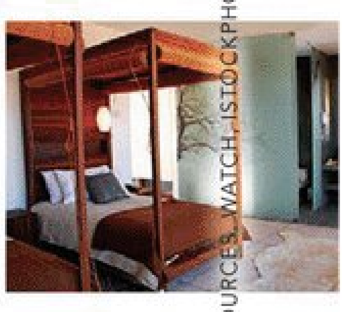
come back!

These places offer freebies for lovebirds on their anniversaries.

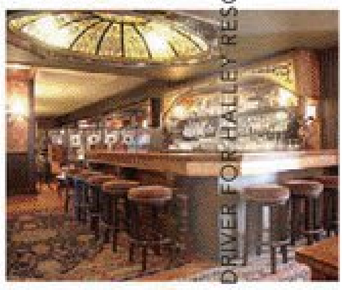
Gaylord Hotels in Dallas, Nashville, Orlando and D.C. will give you **a free night with a two-night minimum** stay, as long as you prove it's your anniversary with a marriage certificate. *(gaylordhotels.com)*

A slew of hotels in **Aruba** are offering **a free anniversary night** to those who stayed on the Caribbean island for their honeymoon. Find a list of participants and other details at aruba.com

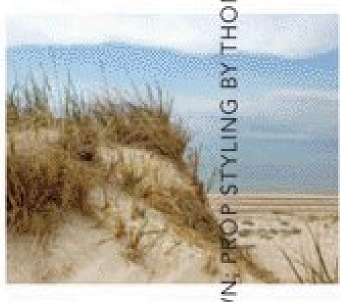
As the **Fairmont Hamilton Princess** in Bermuda celebrates its 125th anniversary, it welcomes couples celebrating **any anniversary with a free night** through 2010. *(fairmont.com/hamilton)*



In Chile, guests who book a five-night honeymoon at adventure lodge **Tierra Atacama** will receive **a complimentary three-night stay**, good for five years. *(tierraatacama.com)*



The Mendocino Hotel in northern California offers **a free night and complimentary wine tasting** to couples staying two nights for their anniversary. *(mendocinohotel.com)*



Cape Cod's **ShoreWay Acres Inn** will comp the first night of your anniversary stay (25 percent off additional nights). And there's no minimum stay! **Your one and only night is free.** *(shorewayacresinn.com)*

After seven nights or more honeymooning at **Dreams Resorts & Spas** in Mexico or the Dominican Republic, couples on their anniversary get **one free night** if staying four nights, or two if staying five. *(dreamsresorts.com)*

SUITCASE BY LEVI BROWN. PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES. WATCH: ISTOCKPHOTO.COM. ARUBA: GETTY IMAGES. CAPE COD: GETTY IMAGES.

days, says *The Knot*. HOW MUCH? Honeymooners spend, on average, three times as much as other travelers, according to thehoneymoon.com. The average cost of a honeymoon is $4,847, says *The Knot*.

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Wedding Cakes

Forget boring vanilla—say "I do" to these innovative flavors.

BY **KARA WILLIAMS** | PHOTOGRAPH BY **KANA OKADA**

HILTON HEAD, SOUTH CAROLINA

THE SPOT Twenty-five-year-old Sheri Davis of **Sheri's Edible Designs** *(843-683-3132, sherisedibledesigns.com)* creates cakes for locals and for the couples who get married on this laid-back island. The mother of two typically takes four clients per weekend, and books up to two years in advance. Busy lady!

THE SPECS Her best-selling flavor, It's Island Time *(from $7.50 per slice)*, is a vanilla cake that has been tinted lime green and soaked in tequila, margarita mix and salt. Layered between homemade lime curd and vanilla buttercream, the cake is both sweet and tart.

AUSTIN, TEXAS

THE SPOT Angela Jiles embraces Austin's live-music culture (her husband plays upright bass), calling herself a "confection composer" at the aptly named **Blue Note Bakery** *(512-797-7367, bluenotebakery.com)*.

THE SPECS Wedding guests are surprised when the South Austin cake *(from $4 per slice)* is cut to reveal a tie-dyed kaleidoscope of color. Angela developed the effect as a teenager, experimenting with cake mixes and food dyes. Today, she bakes only from scratch and can apply the tie-dye method to any white cake flavor, like Ginger Orange with Dreamsicle Icing.

MINNEAPOLIS

THE SPOT Anise, whiskey, mango juice—few ingredients are taboo at **Celebration Generation Cakes** *(612-388-9409, celebrationgeneration.com)*. These unusual flavors go into Marie Porter's beautiful cakes, which reflect past careers as a floral, graphic and fashion designer.

THE SPECS Inspired by Porter's trips to Indian restaurants, Chai Spice *(from $6.75 per slice)* is a moist cake made with brewed black tea, vanilla bean, cardamom, cinnamon, cloves and nutmeg. It's the bakery's most popular flavor. Replicate it at home with the packaged cake mix *($11)*, sold online.

LOS ANGELES

THE SPOT **Cakes by the Pound** *(626-284-8142, cakesbythepound.com)* is owned by Mendy Pound, who learned to make impressive cakes in Vienna and Switzerland after earning a baking and pastry arts degree from Johnson & Wales University. Pound customizes each cake stand to match the cake.

THE SPECS Health-conscious L.A. brides love that the Old-Fashioned Red Velvet Cake *(from $8.50 per slice)* is dyed with pureed beets, not artificial coloring. Amaretto and almond liven up the cake's flavor, Godiva white chocolate sweetens the icing, and pecan pralines add crunch.

FOOD STYLING BY VIVIAN LUI; PROP STYLING BY TIZIANA AGNELLO

"Was there room for my hobby on our honeymoon?"

BY **JOSH SENS**

IF MARRIAGE IS A JOURNEY, MINE BEGAN WITH BAGGAGE. Baggage stuffed with 14 clubs. Yes, I'm a golfer. My idea of romance involves sunset walks on a long par-five. Throughout my bachelorhood, the sport traveled with me everywhere—to Scotland, Mexico, Vietnam. No reason that my Hawaiian honeymoon should be any different, right?

"What's this?" my new wife, Sara, said in the airport, pointing to my golf clubs swaddled in leather casing. "How many times do you plan on playing?" In the ensuing silence, you could have heard a lei drop. "Um, I dunno," I stammered, avoiding her eyes. "Five?" "You're choosing golf over me," she said.

Our flight was not infused with the aloha spirit. The conversation went something like this:

Me: "If you love someone, set them free—preferably on one of the best golf courses in the country."

Sara: "You have the emotional maturity of a 15-year-old."

She was right. My love of golf was an adolescent crush—intense and consuming. But there was something to my point, too: We were new spouses, not conjugally united prisoners. One person's view of a happy coupling is another's idea of jail. Finding the balance is one of the challenges of marriage, or so I was about to learn.

By the time we touched down in Kauai, our fledgling marriage had its first compromise. Over the next seven days, we strolled on lonely beaches, swam in blue lagoons, gazed into each other's eyes. And I played golf. Just twice—less than I'd planned for, but as much as I could reasonably expect. It turned out to be enough.

The first time, I golfed alone while Sara hit the spa and snorkeled. But on our final morning, we rose early and Sara accompanied me to the links. The emerald fairways glistened with dew, and the sixth hole had a staggering ocean view. In the near distance, a humpback breached. "It's a silly game," Sara said, "but I can see why you might like it."

People say that a good marriage requires giving and getting. Another way to put it is that growing old together requires growing up. On our honeymoon, both of us arrived at more adult perspectives. Sara learned that marriage doesn't always play out like a Hallmark Channel romance, and I discovered that it doesn't look like a Judd Apatow-produced dudefest. Now when we travel, I bring my clubs, and it doesn't bother Sara. But a funny thing has happened: I don't feel the same burning urge to constantly play. There's no need to escape when you're traveling with a partner, not a prison guard.

Last summer, to mark the 10th year of a marriage that just keeps getting better, we returned to Kauai. At the hotel, I carried Sara across the threshold. The next morning, she carried my clubs to the first tee.

Now it's your turn!
Share your most compelling travel story, and it may run as a What a Trip essay in an upcoming issue. The winner will receive two round-trip tickets to any U.S. city, courtesy of Orbitz. Post your story and enter to win at rachaelraymag.com/may.

PHOTO, GETTY IMAGES.

MAKE IT HAPPEN
Timeless tips for traveling with your partner

PICK THE RIGHT PLACE
Choose a resort that will cater to you both. At the Sheraton Maui Resort & Spa, a Sunsational Golf Package includes four rounds of golf *(package from $327 a night, sheraton-maui.com).*

COME TO A COMPROMISE
Hash out in advance what you each expect from your vacation. A clear conversation will spare you misunderstandings and give you one less thing to think about once you're on the trip.

REMEMBER TO RELAX
Amid all your activities (together and separate), remember that some of the most memorable vacation times are the lazy ones—the pool lounge or afternoon nap. And a rested couple is a happy couple.

No purchase necessary to enter or win the What a Trip Contest. Purchase will not improve your chances of winning. Contest is open to legal residents age 18 or older of the U.S., its territories and possessions. Contest begins at 12:01 a.m. (CDT) on April 13, 2010, and ends at 11:59 p.m. (CDT) on May 25, 2010. To enter and for official rules for this contest, visit rachaelraymag.com/may. VOID WHERE PROHIBITED. Contest sponsored by The Reader's Digest Association, Inc., the publisher of *Every Day with Rachael Ray.*

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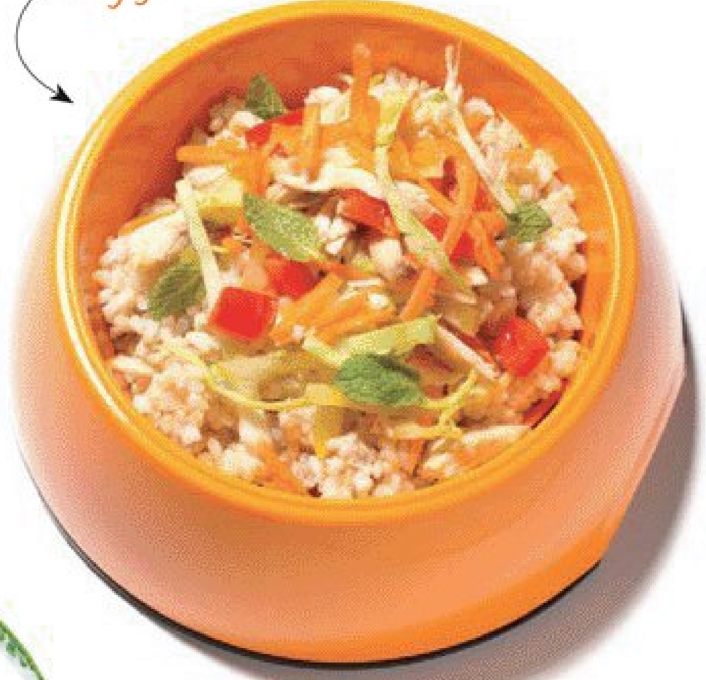
Shake, Rattle and Roll

Let your pup get down with this veggie-filled, no-wrap take on a spring roll.

BY **ANDREW KAPLAN**

did you know?
There are 164 official dog breeds. Topping off at 6 pounds, Chihuahuas are the smallest. At the opposite end, the Irish wolfhound grows to almost 3 feet tall.

No need for a doggie bag here!



HAWAIIAN LEASH
Say hello to warmer weather with this vibrant tropical-print leash. *($13 and up, islanddoggear.com)*

It's Spring…Roll Time

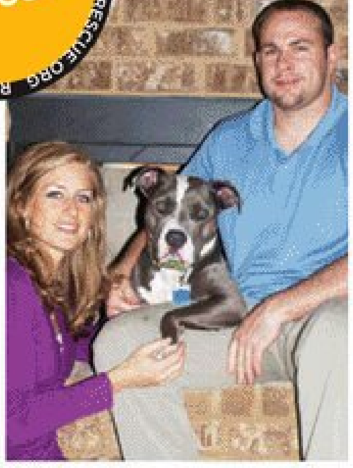
MAKES 3 CUPS
PREP 20 MIN **COOK** 10 MIN

Since spring-roll wrappers aren't the best for dogs, we're making this roll naked (your dog won't miss a thing!).

- 1 tablespoon extra-virgin olive oil
- 2½ cups shredded white cabbage
- ¼ cup shredded carrots
- ¼ red bell pepper, chopped
- ½ rib celery, finely chopped
- ½ cup cooked brown rice (optional)
- ¼ cup cooked rotisserie chicken, skin and bones discarded
- 4 fresh mint leaves, coarsely chopped

In a deep, medium skillet, heat the olive oil over medium-high heat. Add the cabbage, carrots, bell pepper and celery and cook, stirring, until the vegetables have softened, about 5 minutes. Add the brown rice, if using, and the chicken and cook until heated through, 1 to 2 minutes. Stir in the mint and let cool.

RACHAEL'S RESCUE



second chances

Two-year-old pit bull terrier **Jakob** owes his second chance to the two women in his life. Starving and wounded, he was declared not worth saving until Lindsey Carter from the Animal Rescue Foundation in Mobile, Alabama, stepped in. She nursed him back to health, then found loving parents to adopt him: Lindsay Miller and her partner, Mike. Now happy and healthy, "our loving Jakob has taught us a lesson on survival and finding your spirit again," says Miller.

DOG, GETTY IMAGES. RECIPE PHOTO BY LUCAS ZAREBINSKI; FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY CINDY DIPRIMA. LEASH, GORMAN & GORMAN. PET RECIPES ARE REVIEWED BY THE ASPCA.

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READY, SET, COOK!

May 2010

key

[FAST] FAST — [GOOD FOR YOU] GOOD FOR YOU
[$10 SPOT] $10 SPOT — [VEG OUT] VEG OUT
MP = MENU PLANNER

Get more details at rachaelraymag.com/recipes.

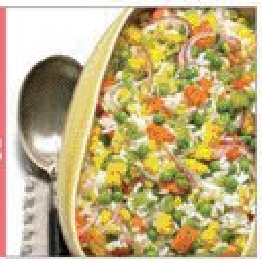
EGGS + BREAKFAST

[$10 SPOT] [VEG OUT] Baked Eggs on Cheesy Caramelized Onions ... 81
[VEG OUT] Espresso-Dusted Beignets ... 37

STARTERS + SNACKS

[FAST] [GOOD FOR YOU] Crab Salad on Rice Crackers ... 109
[VEG OUT] Deviled Eggs with Pickled Red Onions ... 113
[GOOD FOR YOU] [VEG OUT] Glazed Eggplant with Sesame Seeds and Chives ... 109
[GOOD FOR YOU] Juicy Chicken Potstickers ... 109
[FAST] [VEG OUT] Red Pepper-Feta Dip ... 89
[FAST] [VEG OUT] Ricotta-and-Radish Crostini ... 113
[GOOD FOR YOU] [VEG OUT] Roasted Garlic-and-Pomegranate Canapés ... 89
Sausage-Stuffed Mushrooms ... 89
[FAST] [GOOD FOR YOU] [VEG OUT] Sweet Cucumber Salad with Chiles and Peanuts ... 109

SALADS + VEGETABLES

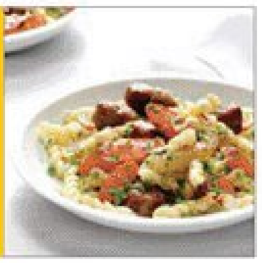


[GOOD FOR YOU] [VEG OUT] Argentine Rice-Veggie Salad ... 84
[FAST] Chicken Cordon Bleu Salad ... 105
[FAST] [$10 SPOT] [GOOD FOR YOU] [VEG OUT] Couscous with Swiss Chard, Raisins and Feta ... 80
[FAST] [VEG OUT] Herbed Crouton Salad ... 111
Mushroom and Sage Risotto ... 40
[FAST] [VEG OUT] Peas 'n' Cheese Squash Spaghetti ... 42
[FAST] Shrimp, Arugula and Frisée Salad with Pesto Dressing ... 113
[FAST] Sicilian Tuna-and-Potato Salad ... 100
[FAST] [GOOD FOR YOU] Southwestern Shrimp-and-Bean Salad ... MP

SOUPS + STEWS

[GOOD FOR YOU] Lemon Chicken Tortellini Soup ... MP
[FAST] [GOOD FOR YOU] Phunky Pho ... 99
[GOOD FOR YOU] [VEG OUT] Potato-Leek Soup ... 74
[GOOD FOR YOU] [VEG OUT] Raise-the-Dead Chili ... 93

PASTA + PIZZA



[FAST] Asparagus, Ham and Egg Pasta ... 98
[$10 SPOT] Gemelli with Fennel and Hot Sausage ... 79
[FAST] [GOOD FOR YOU] [VEG OUT] Shiitake, Leek and Sesame Noodles ... 103
[FAST] [VEG OUT] Spaghetti with Creamy Ricotta Pesto ... 114

FISH + SHELLFISH

[FAST] Asian-Style Shrimp Frittata ... MP
[FAST] The Devil's Shrimp ... 105
Macadamia-and-Panko-Crusted Cod with Orange-Butter Sauce ... 72

BURGERS + SANDWICHES

[FAST] [VEG OUT] Black Bean and Avocado Burritos with Jicama-Cucumber Slaw ... MP
[FAST] Butter-Almond-Crusted Fishwiches ... 104
Chicken-and-Pear Panini with Shredded Escarole ... MP
[FAST] Spicy Lamb Sliders with Harissa ... 116
[FAST] [GOOD FOR YOU] Teriyaki Sloppy Joes ... 125

POULTRY

[FAST] Lemon-Garlic Spanish Chicken Thighs and Rice Pilaf ... 102
[FAST] Satay Lettuce Wraps ... 101
Southern Fried Chicken ... WEB

MEAT

[FAST] Grilled Pork Kebabs with Cucumber Tzatziki ... MP
[GOOD FOR YOU] Skirt Steak with Garlic-Ginger Noodles ... MP
[FAST] [$10 SPOT] [GOOD FOR YOU] Spicy Steak Salad with Mint ... 83
Steak Frites ... 107
Steak with Red Wine Sauce ... 88
[FAST] Teriyaki Pork Chops with Pineapple and Peppers ... 101
Tomato-Braised Lamb Shanks with Orange and Mint ... 111

DRINKS

[FAST] [VEG OUT] Lemonade-Mint Spritzers ... 113
[VEG OUT] Pomegranate-Lemongrass Fizz ... 109

DESSERTS

[VEG OUT] Blueberry Cookie Bars ... 126
[VEG OUT] Chocolate-Almond Mousse Neapolitans ... 94
[VEG OUT] Chocolate-Jasmine Tea Truffles ... 109
[VEG OUT] Coconut Angel Food Cake with Fresh Berries ... 113
[FAST] [VEG OUT] Lemon-Blueberry Layer Cake ... 92
[VEG OUT] Pistachio Crème Brûlée ... 111
[VEG OUT] Raspberry-Rhubarb Tart ... WEB
[FAST] [VEG OUT] Rhubarb Fool ... 61
[VEG OUT] Sour Cream Strawberry Custard ... 34

PET

[FAST] It's Spring…Roll Time ... 154

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Clue You start your day off with this.

D	R	I	L	O	E
W	A	M	H	E	V
E	N	U	F	T	Z
R	U	F	A	G	I
B	O	E	T	U	K
C	H	A	M	E	D

Word Scramble

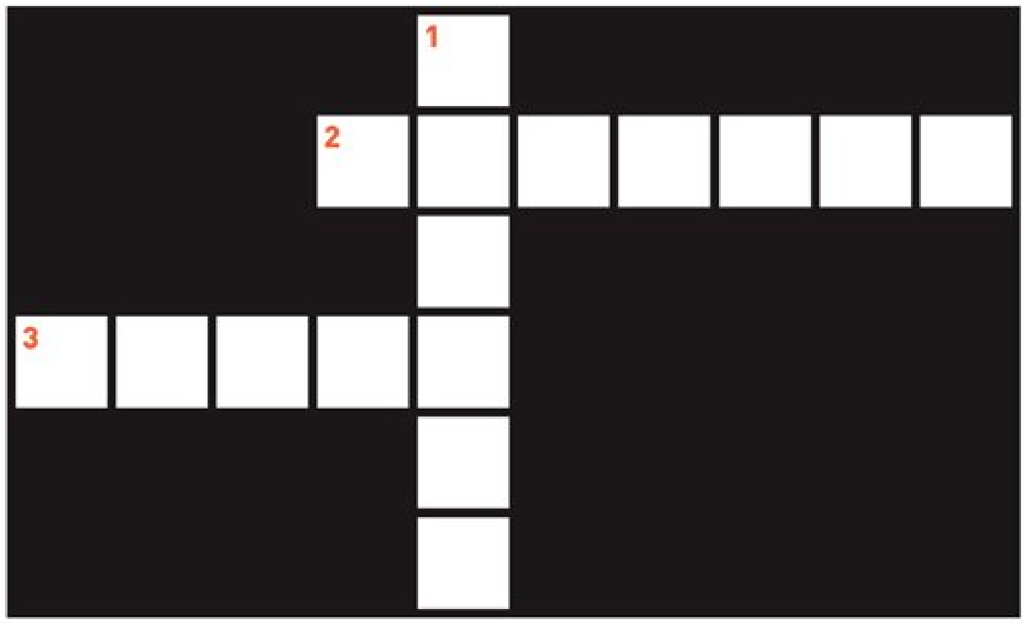
Puzzled? Check the Get Together section.

T Q U U B S O E

Hey, ladies: You throw one of these at the biggest party of your life.

Mini Crossword

Find the clues in this issue!



DOWN

1 Top budget honeymoon destination

ACROSS

2 Garlicky hors d'oeuvres from "Secrets of Competitive Cooks"

3 This month's featured centerpiece designer

Cover Puzzle

Give Rach a double take! How's this image different from the cover? Look closely!

web **Check your answers** from last month's crossword puzzle at rachaelraymag.com/may.

PORTRAIT BY JIM WRIGHT; SET DESIGN BY PHILIPPA BRATHWAITE; HAIR BY CARRIE FERNOW; MAKEUP BY KIM WHITE AT KIMWHITEMAKEUP.COM; MANICURE BY PATRICIA YANKEE FOR RED STYLISTS; WARDROBE STYLING BY JANE HARRISON-FOX AND CARA APOTHEKER; T-SHIRT BY AUDE, AVAILABLE AT UNA-LA; JEANS BY JOE'S JEANS; BELT BY BRUNELLO CUCINELLI; EARRINGS BY LENA BERNARD. COFFEE STAIN, GETTY IMAGES.

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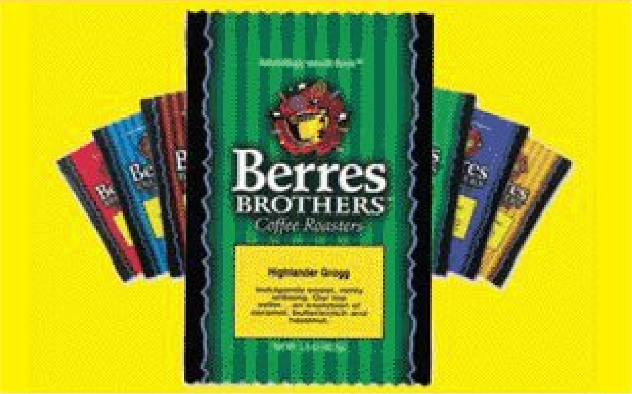

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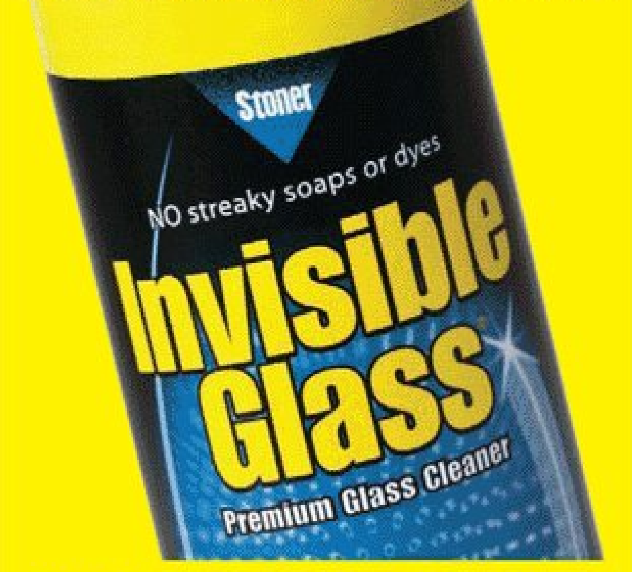

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Chandra Wilson

It's all about comfort for the *Grey's Anatomy* star—in and out of her Los Angeles kitchen.

PHOTOGRAPH BY **MISHA GRAVENOR**

RACHAEL RAY: Hey, Chandra! You've got a fridge filled with fruit and fruit juices. Do all those apples keep the doctor away?
CHANDRA WILSON: Well, this is what it looks like right after I'm done grocery shopping. All the fruits and vegetables are bright and juicy and ready to eat. But by the time my kids get to the apples, it's time to throw them out and start all over again. I put them up front, but they push them out of the way.

RR: Good thinking—keep putting it out there and they'll come around. So, I don't see a lot of leftovers. Do you like to cook?
CW: I'm a big cook and prefer to make meals at home when I can. I'm either cooking or we're going to a drive-through somewhere. I'm really proud of my homemade sweet potato pie. At Thanksgiving I make five of them because they go quick.

RR: Speaking of sweets, I see a big jar of M&M's on the shelf. Let me guess: You have a bit of a sweet tooth?
CW: Absolutely! I try to keep healthy foods around, but I can't take everything away. I make sure we get all the good stuff, like whole grains and veggies, but there's still room for flexibility.

RR: That's the right attitude: Eat what you want in moderation. Do you have any food phobias?
CW: I cannot get into cottage cheese, and I've tried a lot. Yogurt is hard for me to eat, too. I have to hold my nose to get it down. There's something wrong with that.

RR: I'd say so! Let's talk about something we both love: hot sauce! I could drink the stuff with a straw. How about you?
CW: Oh, I'm a hot sauce fanatic, but probably can't eat it the way you can! Bland food is so boring. I have to amp things up to keep meals appetizing. It's a kind of comfort food for me.

RR: Speaking of comfort, I hear you're involved with the Downy Touch of Comfort program. Can you tell us about it?
CW: The program is so wonderful, Rachael! We deliver handmade quilts to sick children receiving treatment in Children's Miracle Network hospitals across the country. Many of the patients are away from home for a long time and can't bring their favorite stuffed animal or blanket with them because of the allergens. So we customize quilts for them, incorporating their favorite colors and themes. It's so simple, but it brings the kids and their families so much joy and, well, comfort. I love seeing their faces light up when they receive one. If you visit downy.com, you can learn more about the program and find ways to get involved.

RR: You're all spreading love one quilt at a time. Amazing! So, I know you're directing some episodes of *Grey's Anatomy*. If you could direct the perfect dinner party, who would the chef be?
CW: I must be hungry right now because I'd love a dinner catered by El Pollo Loco! I'm in the mood for their grilled chicken, rice and tortillas, with a lot of their salsa so I can pile it on. With my kids there, it would be a really great party.

"I've been trying to bring a lunch from home when I'm on the set. I can most definitely devour my way through the goodies on the catering table, but I eat healthier when I pack my own."

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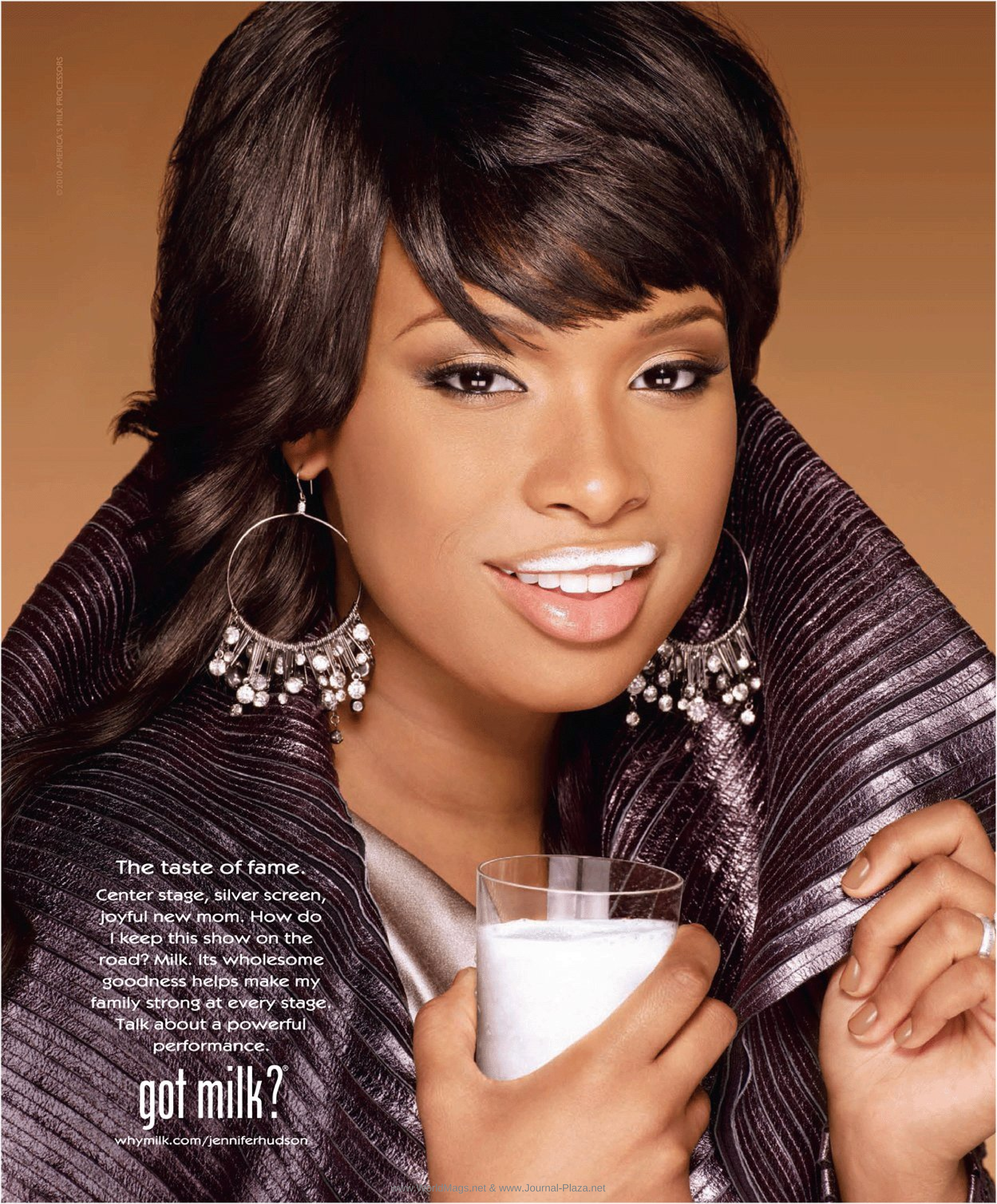

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